

FALL • 2013 • ACTIVITY • GUIDE



**Parks
Events
Classes
Services
Sports
Travel
more**



Phone: (510) 747-PLAY • Online Registration: www.arpdeplay.com
Website: www.alamedaca.gov/recreation • E-mail: arpd@alamedaca.gov

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ARPD DIRECTOR'S MESSAGE

As ARPD is continuing to grow and expand its offerings, you'll find numerous activities in this Fall guide with a NEW icon next to them. We invite you to explore something new in your life such as rock climbing, meditation, Hot Hula Fitness, Lil' Sluggers or Mom & Baby yoga.

Plus our brand new event, **Everything Alameda**, is Saturday, Sept. 28 from 10am - 2pm in Lower Washington Park. This exciting event celebrates our island city and features 100% local Alameda with food, a beer and wine garden, homebrew bands and youth, art displays, a celebration of 60 years of ARPD Summer Day Shoots & Ladders softball game benefitting Alameda Family Services at Upper Washington Park.

As a member of the California Park and Recreation Society (CPRS), ARPD joined over 150 communities across California in a unified branding message that Parks Make Life Better! This message emphasizes the importance of parks, which enhance our neighborhoods and quality of life. This resonates in Alameda where 9 in 10 people use our parks and live within a 5-10 minute bike ride of a park. Alameda parks are focal points of our neighborhoods. Whether you identify with Krusi, Longfellow, Franklin or another of our 19 parks, it is where families and neighbors come together.

There are many ways that Parks Make Life Better...

Play – Safe, outdoor space. The biggest benefit of parks is a safe, outdoor play space for our kids today and as they grow. Recreation provides positive alternatives to reduce crime and mischief. It promotes the arts, increases social connections, aids in therapy and provides life-long learning.

Nature – Beauty and serenity. Parks provide access to the serenity and inspiration of nature. They preserve and protect the historic, natural and cultural resources in our community.

Exercise – Healthy movement. Parks are made for moving at your own pace. And recreation programs make it easy to stay healthy.

Positive Spaces – Free-time fun. Neighborhood parks are a place to run around and play. Parks make Alameda a better place to live.

Gathering Places – Socializing and community. Parks bring us together. They are common ground that connects us all.

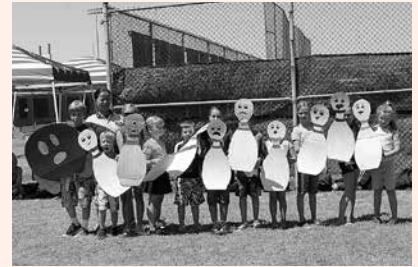
Forever – Valued today and always. Parks enrich our lives. They add value to our homes and neighborhoods. Individually and as a community, we'll always need parks in our lives.

Thank you for playing, enjoying and strolling in our parks. We are always open to hearing what is going well and what we can do better. Like us on Facebook or email me at awooldridge@alamedaca.gov.



Amy Wooldridge, Director

**Parks
Make
Life
Better!**



ARPD Program Staff

Christina Bailey

RAP, Parks & Playgrounds,
Teens, Tiny Tots, Wee Play,
Playgroups, Vacation Camps
510-747-7554

cbailey@alamedaca.gov

Susie Brown

Park & Facility Rentals
510-747-7576

sbrown@alamedaca.gov

Dennis McDaniels

Adult and Youth Athletics,
Aquatics
510-747-7586

dmcdaniels@alamedaca.gov

Mariel Thomas

Classes, Travel, Mastik
510-747-7511

mthomas@alamedaca.gov



Recreation and Parks Commission

**Meets every 2nd
Thursday at 7:00pm**

**At City Hall, Council Chambers
2263 Santa Clara Ave., Alameda
Everyone welcome**

**Also televised live on
Alameda Cable TV Ch. 15**

CITY DIRECTORY

Alameda City Council

Marie L. Gilmore	Mayor
Marilyn Ezzy Ashcraft	Vice Mayor
Stewart Chen	Councilmember
Tony Daysog	Councilmember
Lena Tam	Councilmember

Recreation and Parks Commission

Joseph Restagno	Chair
Bill Delaney	Vice Chair
Lola Brown	Member
Ann Cooke	Member
Bill Sonneman	Member

STAFF

John Russo	City Manager
Amy Wooldridge	ARPD Director
Jackie Krause	Senior Services Manager
John McDonald	Parks Manager
Patrick Russi	Recreation Supervisor
Christina Bailey	Recreation Specialist
Dennis McDaniels	Recreation Specialist
Mariel Thomas	Recreation Specialist
Nora Pon	Senior Clerk
Amy Vales	Accounting Technician
Susie Brown	Administration

Alameda Recreation & Park Department



Web	www.alamedaca.gov/recreation
Online Registration	www.arpdeplay.com
Email	arpd@alamedaca.gov
Facebook	playARPD on Facebook
Phone	510-747-PLAY
Fax	523-4071
TDD	522-7538
Hours	Mon - Thurs: 8am - 6pm; Fri: closed
Park Maintenance Repair Line	747-7542
Field Condition Hotline (after 2pm)	747-7540
Mastick Senior Center	747-7500
Park & Facilities	Refer to page 20 - 21

CITY DEPARTMENT PHONE LIST

Emergency (Life or Property at Risk)	911
City Information	747-7400
City Attorney	747-4750
City Clerk & City Council	747-4800
City Manager's Office	747-4700
Alameda Municipal Power (AMP)	748-3901
Community Development	747-6550
Building	747-6800
Economic Development	747-6890
Finance	747-4881
Fire (Non-Emergency only)	337-2100
Chuck Corica Golf Complex	747-7800
Housing Authority	747-4300
Human Resources	747-4900
Library	747-7777
Police (Non-Emergency only)	337-8340
TEL-A-COP Hotline	835-2267
Animal Shelter	337-8565
Animal Control	522-2423
Public Works	747-7930

COMMUNITY RESOURCES

Alameda Adult School	www.alameda-adult-school.org
Alameda Alligators	www.alameda-alga.com
Alameda Attack Lacrosse	www.alamedalacrosse.com
Alameda Babe Ruth	www.alamedababeruth.com
Alameda Boys & Girls Club	www.alamedabgc.org
Alameda Education Foundation	alamedaeducationfoundation.org
Alameda Family Childcare Association	521-3997
Alameda Family Services	www.xanthos.org
Alameda Girls Softball	alamedagsa.com
Alameda Historical Museum	www.alamedamuseum.org
Alameda Islanders	www.alamedaislanders.org
Alameda Little League	www.eteamz.com/alamedalittleleague
Alameda Meals on Wheels	alamedamealsonwheels.org (865-6131)
Alameda Pirates Football	www.thealamedapirates.org
Alameda Soccer Club	www.alamedasoccer.org
Alameda Swimming Pool Assn	www.alameda-swimming.com
Alameda Unified School District	www.alameda.k12.ca.us
Alameda Wolverines	www.alamedawolverines.com
Alameda Youth Basketball	Randy4sports@hotmail.com
Alameda Youth Collaborative	alamedayouth.com
American Red Cross	www.redcross.org
Chamber of Commerce	www.alamedachamber.com
Chuck Corica Golf Complex	golfinalameda.com
Crab Cove Visitors Center	www.ebparks.org/parks/vc/crab_cove
East Bay Regional Park District	www.ebparks.org
Girls Inc. of the Island City	www.girlsincislandcity.org
USS Hornet Foundation Museum	www.uss-hornet.org
State Park Info and Reservations	www.parks.ca.gov

COMMUNITY EVENTS

Starlight Movies in the Park

Friday 6:30 p.m.

Free Starlight Movies in the Park will again take place this summer for families to enjoy. The event starts at 6:30 p.m. with pre-show festivities of games and crafts for kids. The featured movie begins at approximately 8:15 p.m. Snacks and food are available and proceeds support the Teen Program. Bring your own chairs and blankets and enjoy a film under the stars.

Avengers	Friday, September 13
6:30 – 10:30 p.m.	Leydecker Field

100th Annual Alameda City Tennis Tournament

**Friday, September 6 through Sunday, Sept. 8
Fairfield Tennis Courts at Lower Washington Park**

The tradition continues as the Alameda Recreation and Park Department presents the oldest continuous sporting event in the city. The tournament is open to all adults. Men's and women's divisions as well as doubles and mixed doubles in the following classes: 3.5, 4.0, and 4.5. Entries are available at Fairfield, Krusi, and Leydecker tennis courts, online and in the ARPD office starting July 8. Entries close August 30. Fee \$25 singles; \$40 doubles

Mastick Senior Center Open House and Resource Fair

Sunday, Sept. 15, 1:00 p.m. to 4:00 p.m.

Everyone is welcome to see all that we offer at the Mastick Senior Center. Get a feel for classes and activities plus live music, food and a community resource fair with lots of valuable information.

California Coastal Cleanup Day

September 21st, 9:00 a.m. – 12:00 p.m.

Meet at Park St. & Shoreline Dr.

Take part in this international volunteer event! Coastal Cleanup Day is a great way for families, students, service groups, and neighbors to join together, take care of our fragile marine environment, show community support for our shared natural resources, learn about the impacts of marine debris and how we can prevent them...and to have fun!

Join us at Park Street and Shoreline Drive from 9am-Noon, bring your own bucket and gloves, wear sunscreen and closed-toe shoes, and help us clean up the shoreline all along Crown Beach. For more information about this event, please call the Public Works Department at 510-747-7930, or visit the California Coastal Commission web site at www.coastal.ca.gov.

Everything Alameda **NEW**

Celebrating Our Island City, Washington Park

Saturday, September 28, 10 a.m. - 2 p.m.

Police vs. Fire Softball Game from 2 p.m. - 4 p.m.

Benefits AFS. Local Alameda at its best! Come enjoy family activities, including jumpers, games and a celebration of the 60th Anniversary Day Camp, live bands, youth performances, local food, a beer & wine garden plus a homebrew competition, demonstrations on the water with outrigger canoes and fishing, plus local artists and community organizations.

Travel Opportunities for Families and Adventurous People

Tuesday, October 15, 6:30 p.m. to 7:30 p.m.

Mastick Senior Center, Slide Show & Info

Collette Tours will preview trips to French Riviera, Tuscany, Costa Rica Family Adventure, and American Spirit Family Discovery. All ages welcome! Free.

Teen Haunted House - 10th Annual

October 25, 26, 27

Location to be announced. Please check the ARPD website and come get spooked! Teens - come volunteer with this great event!

35th Annual Holiday Boutique

Friday, Nov. 1 from 12:00 p.m. to 8:00 p.m.

Saturday, Nov. 2 from 10:00 a.m. to 4:00 p.m.

Veteran's Memorial Building

All items are homemade and hand crafted by more than 50 Crafters. Free admission. The proceeds benefit the Leisure Club, a recreation program for developmentally disabled teens and adults, sponsored by ARPD.

City of Alameda Mayor's Holiday Tree Lighting Ceremony

Saturday December 7, 4:30 p.m., City Hall

Come and enjoy performances from community groups followed by the tree lighting ceremony and The Mistletones' Rockin' Holiday Show.

Breakfast with Santa

Saturday, December 14, 10:00am – 12:00pm

Albert H. DeWitt O'Club

Cost: \$15 (13 years and older); \$8 (2 – 12 years);

FREE (under 2); Class #12596

You better watch out, you better not cry, you better not pout, I'm telling you why – Santa's here in Alameda! Join Santa for breakfast, arts & crafts, and take a photo with the big guy. Both parents and children must register. All children must be accompanied by an adult and pre-registration is required – space is limited. Register by December 5. No refunds or credits.



37th ANNUAL ELKS HOOP SHOOT COMPETITION

October 21 – December 20

This free competition is for all Alameda youth. It is a national event, locally sponsored by the Alameda Elks Lodge 1015 and conducted by the Alameda Recreation and Park Department. Over three million youth from throughout the country enter the competition yearly.

The event is a free-throw shooting contest open to boys and girls 8 to 13 years-old and who attend a school or reside in Alameda. Competitions are being held at the following parks: Bayport, Franklin, Leydecker, Lincoln, Longfellow, Tillman, Washington and Alameda Point Gym during program hours.

Each contestant has 25 free throw shots at the hoop. A child may compete as many times as he or she wishes. Classifications are as follows:

Class A - 12 to 13 year-olds

This division is open to youth who do not reach their 14th birthday before April 1, 2014.

Class B - 10 to 11 year-olds

This division is open to youth who do not reach their 12th birthday before April 1, 2014.

Class C - 8 to 9 year-olds

This division is open to youth who do not reach their 10th birthday before April 1, 2014.

Seven year olds who reach their eighth birthday before April 1, 2014, are also eligible in this category.

The top three finalists in each division are eligible to represent their park or club at the city-wide finals on January 10, 2014 at Alameda Point Gymnasium. The winners in each division will go on to represent the City of Alameda and the Alameda Elks at the District Shoot-Off in late January. For more information contact ARPD at 747-7529 or ARPD@alamedaca.gov.



Inaugural Play for the Parks Golf Tournament

Supporting Alameda Recreation and Parks

Sponsored by the Friends of the Parks Foundation

Wed, Sept. 25th

1:00pm Shotgun Start, Scramble Format

\$75 per person (includes green fee, cart, awards, player pack and dinner). Entries must be received by 9/18.(510) 769-0777 or www.AlamedaParks.org



RECYCLE

Saving the Earth with Proper Disposal:

Household Batteries and Fluorescent Lamps

It's against the law to dispose of these items in the trash. Batteries and fluorescent lamps are known as Universal Waste, which are hazardous wastes generated by the general population and contain mercury, lead, cadmium, copper and other substances hazardous to human and environmental health. In general, universal waste may not be discarded in solid waste landfills.

The City of Alameda Public Works Department has created recycling programs for household batteries and fluorescent lamps that are convenient for Alameda residents, and help to keep these items out of the landfills.

The available drop-off locations for household batteries in Alameda are:

- City Hall - 2263 Santa Clara Avenue
- City Hall West - 950 W Mall Square (Alameda Point)
- Alameda Municipal Power - 2000 Grand Street
- Alameda Free Library - 1550 Oak Street
- Mastick Senior Center - 1155 Santa Clara Avenue
- Pagano's Hardware Mart - 1100 Lincoln Avenue and South Shore Center
- Encinal Hardware - 2801 Encinal Avenue
- Alameda County Industries - 2307 Blanding Avenue, Suite B

The available drop-off locations for fluorescent lamps in Alameda are:

- Pagano's Hardware Mart - 1100 Lincoln Avenue
- Encinal Hardware - 2801 Encinal Avenue
- Alameda County Industries - 2307 Blanding Avenue, Suite B

For the latest list of drop-off locations, contact the Environmental Services Division of Public Works at (510) 747-7930.

Thank you for your support in preserving the environmental quality of our Island City!

POLICE

Alameda Police Hosts the 27th Citizens' Police Academy

August 20 – October 22, 2013

This 10-week academy will allow you to explore the many aspects of policing. Classes meet every Tuesday evening from 6:30 p.m. - 9:00 p.m. (unless otherwise specified)

Classes include:

- Shoot a firearm in the police range
- Tour the Santa Rita County Jail
- Learn about crime scene investigations
- Learn defensive tactics
- ...and much more

To participate in Citizen Police Academy #26 you must:

- Be a minimum of 18 years old
- A resident of or employed in the City of Alameda
- No Misdemeanor or Felony convictions
- Have an interest in law enforcement and having fun

For more information or to get an application:

COPPS@alamedaca.gov, www.alamedaca.gov/police
Class size is limited so get your application in early.



EXPLORE THE WORLD

New Trips for Families and Adventurous People

NEW

Information & Slide Show Presentation: Tuesday, October 15, 6:30 – 7:30 p.m. Mastick Senior Center, 1155 Santa Clara Avenue, Media Room. All ages welcome.

Trips for Adventurous People

International trips for individuals interested in hands-on, fast-paced active travel.

Tuscan & Umbrian Countryside

Oct 25 - Nov 4, 2013

Featuring Italy's charming hill towns with only 24 passengers! Highlights of this 11-day trip include: Rome, Orvieto, Spoleto, Cooking Class, Olive Oil factory, Bevagna, Montefalco, Assisi, Home-Hosted Dinner, Winery, Florence, Siena, Monteriggioni, Volterra, San Gimignano.

\$4,699 per person (double room);

\$5,199 per person (single room)

Includes: airline & taxes, transportation, hotels, all tours & 16 meals

Discover the French Riviera

March 13 – 21, 2014

Highlights of this nine-day trip include: Nice, Flower Market, St.Jean-Cap-Ferrat~Rothschild Villa and Gardens, Antibes, St. Paul De Vence, Monaco, Frejus, Roman Arena, Grasse, Parfumerie and a three-night Paris post tour extension.

\$3,249 per person (double room)

\$3,749 per person (single room)

Early Booking Discount: \$250 off per person if deposit paid by Sept. 13.

Includes: airline & taxes, transportation, hotels, all tours & 11 meals

Coming in October 2014 Portugal and Its Islands

Family Vacations - Summer 2014!

Adventurous trips for individuals and families

Costa Rica Family Adventure

June 21 – 28, 2014

Highlights: Tortuguero National Park, Green Turtle Research Station, Sarapiquí, Pineapple Plantation, Rafting, Cacao Plantation, Arenal Volcano, Hot Springs, Hanging Bridges or Zip Line.

\$2,349 per person (double room)

\$2,549 per person (single room)

\$1,849 Child (4-14yrs.)

Early Booking Discount: \$100 off per person if deposit paid by Dec 21

Includes: airline & taxes, transfers, transportation, hotels, all tours and 15 meals.

American Spirit Family Discovery

July 19 – 25, 2014

Highlights: City Tour by Bicycle, World War II Memorial, U.S. Capitol Building Tour, White House Visitor Center, Mount Vernon, Newseum, Smithsonian Institution, Culinary Tour, National Zoo, International Spy Museum, Ghost Town.

\$2,299 per person (double room)

\$2,849 per person (single room)

\$1,799 Child (4-14 yrs.)

Early Booking Discount: \$100 off per person if deposit paid by Jan. 19, 2014

Includes: airline & taxes, transfers, transportation, hotels, all tours and 15 meals.

A small deposit will reserve your seat on one of these fabulous trips. For more information, contact (510) 747-7511 or mthomas@alamedaca.gov. All trip logistics are coordinated by Collette Vacations.

ALAMEDA WALKS

All walks begin at 9 a.m. and last approximately one hour. Where walks are longer, it will be noted and new walks are indicated. Look for the red Alameda Walks hats! While we love the furry pets, we prefer that they wait for you at home unless designated as a pet walk.

September 7

Alameda Literacy Walk

NEW

Meet at Veterans Building, 2203 Central Ave. Discover what it would be like to not be able to read and get around town. This walk will examine the Park Street & Central Ave area and discuss the importance of Alameda Reads Adult Literacy Program. www.alamedareads.com

September 14

Alameda Airports Walk

NEW

Meet at City Hall West. Discover the locations of pioneering airports in Alameda: Benton Field and Alameda Airport. Learn of other airfields around the city while walking parts of the old naval air station. Dennis Evanovsky and Eric Kos will lead this walk. Note: walk lasts 1 hour 15 minutes

October 5

Pedestrian/Bike Bridge & Water Walk

Meet at Farnside entrance of the Pedestrian/Bike Bridge near the Aeolian Yacht Club. This walk will be a casual walk over the bridge and along the north side of Bay Farm Island. Enjoy spectacular views of San Francisco and the Bay. Hosted by Bike Walk Alameda.

October 12

Baths Walk

NEW

Meet in Washington Park, 740 Central Ave at Recreation Building. Learn of the many resorts that once graced the southern shore of the West End: Neptune Beach, Surf Beach Park, Terrace Baths and more!

Dennis Evanovsky and Eric Kos will lead this walk. Note: walk lasts 1 hour 15 minutes

PRESCHOOL - FALL & WINTER

For Class
Locations see
page 20-21

TINY TOTS AND SMALL FRY

The Alameda Recreation and Parks Preschool offers a recreation, play-based program for children ages 3 to 5 years old (pre-kindergarten). Activities include storytelling, games, arts and crafts, cooking, music, motor fitness and free play.

REQUIRED: Children must be the correct age on the first day of class.

Children must be completely potty-trained and able to attend to their own personal needs to the best of their ability. Children must also be able to separate from their parents.

PROOF OF AGE IS REQUIRED AT REGISTRATION - NO EXCEPTIONS

Fall 2013

Sept 16 - Dec 13 (12 weeks)

No classes Oct. 14, Nov. 11 and 25-29

1st payment due on enrolling, 2nd due 9/16/13

Winter 2014

Jan 6 - March 28

No classes Jan 20, Feb. 14 and 17

1st payment due on enrolling, 2nd due 1/15/14

Fees (fees listed are per session)		
Days	Full Payment	Two Payments
Mon-Wed-Fri	\$622	\$326 each
Tues - Thurs	\$414	\$222 each
Mon - Friday (5 days)	\$1,036	\$548 each

Days & Locations

SMALL FRY CLASSES - Ages 3 - 3 yrs, 11 mo.			
Day	Time	Location	Class #
Mon/Wed/Fri	9:00am - 12:00pm	Godfrey, Bay Farm Island	12128
Tues/Thurs	9:00am - 12:00pm	Godfrey, Bay Farm Island	12129
Mon/Wed/Fri	9:00am - 12:00pm	Littlejohn Park	12130
Tues/Thurs	9:00am - 12:00pm	Littlejohn Park	12127
Tues/Thurs	9:00am - 12:00pm	McKinley Park	12131
Tues/Thurs	9:00am - 12:00pm	Washington Park	12132
TINY TOT CLASSES - Ages 4 - 5			
Day	Time	Location	Class #
Tues/Thurs	9:00am - 12:00pm	Leydecker, Bay Farm Island	12134
Mon/Wed/Fri	9:00am - 12:00pm	Leydecker, Bay Farm Island	12133
Mon/Wed/Fri	9:00am - 12:00pm	McKinley Park	12135
Mon/Wed/Fri	12:00pm - 3:00pm	McKinley Park	12138
Mon/Wed/Fri	9:00am - 12:00pm	Washington Park	12137
Mon/Wed/Fri	9:00am - 12:00pm	Woodstock Park	12136
Mon/Wed/Fri	12:00pm - 3:00pm	Woodstock Park	12139
Tues/Thurs - Bilingual	9:00am - 12:00pm	Woodstock Park	12429

Registration

Fall registration began in June with a lottery registration. Open registration will be taken until the end of October, or until a class is full. Classes that do not meet the minimum number of students a week before the class is to begin may be cancelled.

Winter 2014 Registration. NEW students for any remaining spots may register Wed., December 11, 2013 at 8:00 a.m. at the ARPD office, 2226 Santa Clara Ave., Alameda. (Students in Fall 2013 session have registration priority)



PLAY GROUPS



Alameda Wee Play

Ages 6 month – 3 years

Come and experience Alameda's play center for infants and toddlers ages 6 month – 3 years! Activities include arts and crafts, music time, and developmental and exploratory play. Activities are minimally structured allowing children to enjoy and explore on their own terms. Children must be accompanied and supervised by a parent or caregiver at all times.

Mondays, Wednesdays, & Fridays	10:00am - 1:00pm
(Closed - September 2, November 11, 27, 29, December 25)	
Location: Alameda Veteran's Memorial Building, 2203 Central Ave.	
Cost: \$6 Drop-in per day per child OR \$60 Drop-in Card for 12 visits	
Volunteer to set up or clean up and receive free entrance for that day!	

Parent/Child Play Group

Ages 2 – 3 yrs. 6 mo.

Experience the wonderful world of pre-school with your child while learning how important play is as an effective learning tool. This class will allow you the one-on-one time to help your child develop their fine and gross motor skills as well as cognitive development. As a parent you will also have an opportunity to share the trials and tribulation of parenthood with other parents. This class is designed to have you, the parent, leading many of the activities with the guidance of a Tiny Tot instructor who will share with you the techniques used in pre-school. This class will offer a broad range of activities including art, story time, movement, socialization, self-regulation and self-expression. Other siblings may not attend class and parents must stay and participate in the class.

Tues	Fee: \$80 (8 classes)	Woodstock Park
Oct. 1 – Nov. 19	12:30 to 2:00 p.m	Class # 12469

HOLIDAY HIGHLIGHTS

Breakfast with Santa

Saturday, December 14

10:00am – 12:00pm

Albert H. DeWitt O'Club, 641 West Redline Ave.

\$15 (13 years and older); \$8 (2 – 12 years); FREE (under 2); Class #12596

You better watch out, you better not cry, you better not pout, I'm telling you why – Santa's here in Alameda! Join Santa for breakfast, arts & crafts, and take a photo with the big guy. Both parents and children must register. All children must be accompanied by an adult and pre-registration is required. Space limited to 150 people. Register by December 5.

Santa's Visit

Saturday, December 21, Class #12592

Sunday, December 22, Class #12593

5:00pm – 8:30pm, \$35

Ho! Ho! Ho! Santa, Rudolph and the gang will be back in Alameda. Santa will make a special visit to your child at home for ten very special minutes. Arrangements can be made for Santa to bring a gift. Reservations will be available starting Nov. 6, 2013 at the ARPD Office.



AFTER-SCHOOL CARE

Recreation Afterschool Program - RAP

August 26, 2013 to June 12, 2014

The Alameda Recreation and Park Department offers a supervised afterschool program for students attending AUSD elementary schools. RAP leaders meet the students when school is dismissed and walk them to the park. (Students must dress appropriately for cold and rainy weather). Participants may register to attend 2, 3 or 5 days a week. RAP does not meet on public school holidays, Legal Holidays, or AUSD staff development days. RAP includes early Wednesdays and modified days.

Activities include games/sports, cooking, arts and crafts, and a daily snack. RAP meets daily until 5:30 p.m. Children may be picked up by a designated person, or may walk or bike home with permission from their parents.

RAP for 1st through 5th graders is offered at the following sites:

- Ruby Bridges School – Bayport Park
- Franklin & Lum Schools – Franklin Park
- Amelia Earhart School – Leydecker Park
- Edison & Otis Schools – Lincoln Park
- Haight School – Littlejohn Park
- NEA School – Longfellow Park
- Bayfarm School – Tillman Park
- Maya Lin & Paden Schools – Washington Park

RAP for Kindergartners is ONLY offered at the following sites:

- Maya Lin & Paden Schools – Longfellow Park

FALL SESSION

August 26 – November 22, 2013

1st payment due on enrolling, 2nd due 10/10/13

WINTER SESSION

December 2, 2013 – March 14, 2014

1st payment due on enrolling, 2nd due 1/30/14

RAP Fees: 1st through 5th grades		
Days	Full Payment	Two Payments
5 days/week	\$612	\$336 each
3 days/week	\$404	\$232 each
2 days/week	\$286	\$173 each
Kindergarten payments are different:		
Fee schedule available at www.alamedaca.gov/recreation		
A limited number of reduced fees are available for students. To qualify, please complete a fee assistance request form from ARPD.		
A minimum of 10 students must be registered at a school in order to be a RAP Pick-Up Site.		

PAYMENTS MADE AFTER THE DUE DATE WILL BE SUBJECT TO AN AUTOMATIC LATE CHARGE OF \$30. Children may attend RAP two working days or 48 hours after payment is received. All changes must be made 24 hours in advance and subject to a \$15 service charge. Late Fees: starting at 5:31 p.m., a late fee of \$1 per minute per child will be charged for late pick-ups payable the same day incurred. For the safety of the child, the proper authority will be contacted if your child is not picked up by 6:00 p.m.

Parks and Playground Program

2013-2014 School Year

Open to youth kindergarten through 5th grade Monday through Friday from 3:00 p.m. to 5:00 p.m. for FREE DROP-IN recreation programs. Leaders provide a variety of recreational activities. These programs are the perfect opportunity for your child to participate in fun, safe, and cooperative activities where they can be creative, develop skills and make friends in an outdoor setting. Although leaders encourage participation, children are not required to participate in scheduled programs. Activities will include but are not limited to: arts and crafts, cooking, drama, games, nature and special events. A nominal fee may be charged to help cover program supply costs. Each site will plan a monthly activity calendar, which is available to you upon request. This program is FREE and there is no obligation to attend every day. This is not a childcare service - Parents, you may leave your child alone at the park at their own risk.

Sites	Bayport, Franklin, Lincoln, Longfellow, Tillman, and Washington Parks
Hours	Monday through Friday, 3:00pm - 5:00pm
Closed	All Sites Closed on School Holidays Labor Day, Monday – September 2, 2013 Veteran's Day, Monday – November 11, 2013 Thanksgiving Day, Thursday – November 28, 2013 Day after Thanksgiving, Friday – November 29, 2013



HOLIDAYS & VACATION PROGRAMS

Rock 'N Roll Trips

Grades K - 5

For all field trips, participants should bring a bag lunch. Morning and afternoon snacks will be provided. Field trips will be off-site between the hours of 9:00am and 4:00pm. Activities are onsite before and after the trips.

7:30 am - 5:30pm	\$60	Harrison Center (Lincoln Park)
The Exploratorium	Friday, Oct. 11	Class # 12781
California Academy of Sciences	Monday, Oct. 14	Class # 12782

Day in the Park

Grades K - 5

Come spend your non-school days with ARPD! We'll be making special arts & crafts, playing great games, and many more surprises! Walking excursions may also be scheduled, depending on weather. Bring your own bag lunch; morning and afternoon snack will be provided. Program will be held at Harrison Center (Lincoln Park).

7:30am - 5:30pm	\$75	Harrison Center (Lincoln Park)
Monday & Tuesday	November 25-26, 2013	Class # 12662

Winter Wonderland Camps

Grades K - 5

Make this holiday season special by registering your children for one or both sessions of ARPD's Winter Wonderland Camp. Arts and crafts, games and cooking, which follow a theme, are just part of the excitement. Walking excursions may also be scheduled, dependent on weather. Please bring a bag lunch. Camp will be held at Harrison Center (Lincoln Park).

Camp Session I	
Class #12578	December 23 - 27*
9:00am - 3:00pm	Fee: \$120 Resident / \$132 Non-Resident
Session I Extended Care	
Class #12580	7:30 - 9:00am & 3:00 - 5:30pm
Fee:	\$60
Camp Session II	
Class #12579	December 30 - January 3*
9:00am - 3:00pm	Fee: \$120 Resident / \$132 Non-Resident
Session II Extended Care	
Class #12581	7:30 - 9:00am & 3:00 - 5:30pm
Fee:	\$60
*Site Closed on December 25th and January 1st	



DANCE

Ballet - Mommy & Me - see page 33

Ages 3 - 4, with caregiver

Pre-Ballet

Ages 4 - 5

Learn the basic positions, rhythms and movements of ballet in a fun creative environment. Prior to the first class, please contact Alameda Ballet Academy about their dress code at admin@alamedaballet.com (Subject Line: ARPD).

Monday	Fee \$190 (10 classes)	Alameda Ballet
Sept. 16 - Nov. 18	3:45 p.m. - 4:30 p.m.	Class# 12643
Wednesday	Fee \$190 (10 classes)	Alameda Ballet
Sept. 18 - Nov. 20	3:45 p.m. - 4:30 p.m.	Class# 12644
Friday	Fee \$190 (10 classes)	Alameda Ballet
Sept. 20 - Nov. 22	3:45 p.m. - 4:30 p.m.	Class# 12645
Saturday	Fee \$190 (10 classes)	Alameda Ballet
Sept. 21 - Nov. 23	10:45 a.m. - 11:15 a.m.	Class# 12646

Ballet 1

Ages 5 - 6

To achieve the beautiful posture and grace of a dancer, students begin by learning the concepts of stretching, strengthening and coordination. Working in first and second positions students learn the basic exercises which comprise a ballet barre and center floor work.

Tuesday	Fee: \$205 (10 classes)	Alameda Ballet
Sept. 17 - Nov. 19	3:45 p.m. - 4:45 p.m.	Class# 12647
Thursday	Fee: \$205 (10 classes)	Alameda Ballet
Sept. 19 - Nov. 21	3:45 p.m. - 4:45 p.m.	Class # 12648
Saturday	Fee: \$205 (10 classes)	Alameda Ballet
Sept. 21 - Nov. 23	11:45 a.m. - 12:45 p.m.	Class # 12649

Boys Club **NEW**

Ages 7 - 12

Boys only dance class. Students will receive instruction in jazz, tap, hip hop and tumbling. Emphasis will be on instructing students to develop as "strong" dancers. Students should be dressed in athletic wear. Tap and jazz shoes will be required for class. If you need assistance please contact dance@dance10.org.

Instructor: Pamm Drake & staff

Friday	Fee: \$398 (15 classes)	Dance/10
Sept. 6 - Dec. 20	4:00 p.m. - 5:30 p.m.	Class# 12650
No class Nov 29		



Kids' Ballet

Ages 5 - 7

Students learn grace and poise as they develop stretching, strength and coordination skills. Students learn basic ballet positions and exercises that will prepare them to begin studying the art of dance. Required dress code - Leotard, tights and ballet shoes. If you need assistance with dancewear, please contact Dance 10 at dance@dance10.org.

Instructor: Shelley Schumann

Thursday	Fee: \$268 (15 classes)	Dance/10
Sept. 5 - Dec. 19	4:30 p.m. - 5:30 p.m.	Class # 12652
No class Nov. 28		

Broadway Stars

Ages 6 - 9

In this combination class, students will learn grace and poise as they develop stretching, strengthening and coordination skills with Ballet, rhythm and musicality with Tap and how to sing with voice. This will prepare any young dancer to be a triple threat. Required dress code - Leotard, tights and ballet shoes and tap shoes. If you need assistance with dancewear, please contact Dance 10 at dance@dance10.org.

Instructor: Pamm Drake

Wednesday	Fee: \$483 (15 classes)	Dance/10
Sept. 4 - Dec. 18	3:30 p.m. - 5:30 p.m.	Class# 12653
No class Nov. 27		

Square Dance - Intro

Ages 8 - Adult, see page 30

DIGITAL DESIGNS

Amazing Animation!

Ages 7 – 12

Work with your favorite toys to create fun and original animations! Learning materials, software and cameras are provided. Students work together to create an original story and then create their story through animation.

Instructor: Freshimedia Staff

Monday	Fee: \$123 (8 classes)	Veterans Room 250
Sept. 16 – Nov. 4	3:30 p.m. – 5:00 p.m.	Class # 12654

Game Design

Beginning to Advanced - Ages 7 – 12

Improve your skills and impress others with your unique video game! Advanced gamers learn advanced techniques including character movement, multiple platforms and game formats. Beginners work in pairs and are introduced to fundamental game design.

Thursday	Fee: \$123 (8 classes)	Veterans Room 250
Sept 12 – Oct. 31	3:30 p.m. – 5:00 p.m.	Class # 12655

Filmmaking

From Script to Premiere - Ages 7 – 12

Learn the secrets of filmmaking in a fun, relaxed and engaging atmosphere! Using basic video cameras and editing software, students produce an original film, integrating simple special effects, sound effects and a musical score.

Wednesday	Fee: \$123 (8 classes)	Veterans Room 250
Oct. 1 – Nov. 19	3:30 p.m. – 5:00 p.m.	Class # 12656

SCIENCE

Creatures: Big & Small **NEW**

Ages 4 – 6

Giant guys and small fries, creatures come in every size! We'll meet and learn all about the amazing animals that share our planet. We'll get down and dirty with squiggly-wiggly squirmy worms, take flight with our feathered friends, and go on fossil digs to see what we can discover about that famous Gigantosaur T-Rex! Kids will get a fun project to keep them thinking about science all the way home.

Instructor: Mad Science Staff

Wednesday	Fee: \$128 (6 classes)	Leydecker Center
Oct. 2 – Nov. 6	2:30 p.m. - 3:15 p.m.	Class# 12642

SINGING

Kids Sing

Ages 5 – 9

Does your little one love to sing? If so, this class teaches singing techniques with kid-friendly songs in preparation for a performance. \$10 supply fee payable to the teacher first class.

Instructor: The Latimerlo Studios

Thursdays	Fee: \$99 (5 classes)	Veterans Room 390
Sept. 12 – Oct. 10	4:00 p.m. – 5:00 p.m.	Class# 12657
Oct. 17 – Nov. 14	4:00 p.m. – 5:00 p.m.	Class# 12658
Thursdays	Fee: \$80 (4 classes)	Veterans Room 390
Nov. 21 – Dec. 19	4:00 p.m. – 5:00 p.m.	Class# 12659
No class Nov. 28		

Oakland Youth Chorus (OYC)

Alameda Miracles – Grades K – 2 & 3 – 5

OYC is a professional, award-winning music education and performance program. Singers enjoy discovering the world through learning songs from a variety of cultures while building musical skills including melody, rhythm, harmony, and music theory. To find out more about OYC, please visit www.oaklandyouthchorus.org.

Instructor: OYC Staff

Grade K – 2		
Tuesday	Fee \$143 (10 classes)	Veteran's Room 390
Sept. 24 – Dec. 3	4:30 p.m. – 5:30 p.m.	Class# 12660
No Class Nov. 26		
Grade 3 – 5		
Tuesday	Fee \$143 (10 classes)	Veteran's Room 390
Sept. 24 – Dec. 3	5:00 p.m. – 6:00 p.m.	Class# 12661
No Class Nov. 26		



FITNESS

Aikido For Children

Ages 5 – 16

This Japanese Martial art class is designed for children and teaches mental awareness, physical capabilities and coordination skills while building healthy values, character and self-esteem.

Instructor: Elmer Tancinco

Fee: \$103	Alameda Aikikai	Class# 12666
Wednesday	Sept. 4 – Oct. 23*	4:45 p.m. - 5:45 p.m.
Saturday	Sept. 7 – Oct. 26*	9:00 a.m. - 10:00 a.m.

*You may choose any 8 classes from this session

Crossfit

Ages 8 – Adult, see page 26

NEW

Gymnastics with Ruby – Kids

For 20 years, Ruby's Tumbling has provided a fun classroom setting for youngsters to learn the early stages of balance, coordination, flexibility and strength. Watch them gain confidence with every step.

New Location - 2333 Clement Avenue

Instructor: Ruby Gama

Ages 12 – 23 month (Parent Participation)		
Wednesday	Fee: \$123 (# classes: 8)	Ruby's Tumbling
Sept. 4 – Oct. 23	9:15 a.m. -10:00 a.m.	Class# 12671
Thursday	Fee: \$123 (# classes: 8)	Ruby's Tumbling
Sept. 5 – Oct. 24	9:15 a.m. -10:00 a.m.	Class# 12672
Wednesday	Fee: \$93 (# classes: 6)	Ruby's Tumbling
Nov.6 – Dec. 18 No class Nov. 27	9:15 a.m. -10:00 a.m.	Class# 12673
Thursday	Fee: \$93 (# classes: 6)	Ruby's Tumbling
Nov.7 – Dec. 19 No class Nov. 28	9:15 a.m. -10:00 a.m.	Class# 12674

Ages 24 mo. – 3 yrs. (Parent Participation)		
Thursday	Fee: \$123 (# classes: 8)	Ruby's Tumbling
Sept. 5 – Oct. 24	10:15 a.m. -11:00 a.m.	Class# 12675
Friday	Fee: \$123 (# classes: 8)	Ruby's Tumbling
Sept. 6 – Oct. 25	10:15 a.m. -11:00 a.m.	Class# 12676
Thursday	Fee: \$93 (# classes: 6)	Ruby's Tumbling
Nov.7 – Dec. 19 No class Nov. 28	10:15 a.m. -11:00 a.m.	Class# 12677
Friday	Fee: \$93 (# classes: 6)	Ruby's Tumbling
Nov.8 – Dec. 20 No class Nov. 29	1015 a.m. -11:00 a.m.	Class# 12678

Ages 3 – 5		
Thursday	Fee: \$123. (# classes: 8)	Ruby's Tumbling
Sept. 5 –Oct. 24	11:15 a.m. -12:00 p.m.	Class# 12679
	5:15 p.m.- 6:00 p.m.	Class# 12680
Thursday	Fee: \$93 (# classes: 6)	Ruby's Tumbling
Nov. 7 – Dec.19 No class Nov. 28	11:15 a.m. -12:00 p.m.	Class# 12681
	5:15 p.m. - 6:00 p.m.	Class# 12682

Ages Kindergarten – 8		
Thursday	Fee: \$133 (# classes: 8)	Ruby's Tumbling
Sept. 5 – Oct. 24	4:00 p.m.-5:00 p.m.	Class# 12683
Thursday	Fee: \$101 (# classes: 6)	Ruby's Tumbling
Nov. 7 – Dec. 19 No class Nov. 28	4:00 p.m.-5:00 p.m.	Class# 12684

Gymnastics with Ruby – Siblings

Ages 1 – 6

This class is for children to have fun with younger and older kids together. Each child will learn to climb, roll, jump on the trampolines, walk on balance beams, do tricks on the bars, swing on rings and rope and be aware of their surrounding with different age groups.

Tuesday	Fee:\$63/Sibling \$53 (# classes 4)	Ruby's Tumbling
Sept. 3 -24	4:45 p.m. - 5:30 p.m.	Class # 12685

Gymnastics with Ruby – Kids with Special Needs

Ages 3 – 10

Come explore the world of tumbling. Enjoy your child as he/she freely wanders at his/her comfort level. Meet new friends, climb, roll, balance, swing, jump and play. To keep this a safe environment we ask that you leave other siblings home.

Instructor: Ruby Gama

Monday	Fee: \$63 (# classes: 4)	Ruby's Tumbling
Sept. 9 – 30	4:00 p.m. - 4:45 p.m.	Class# 12686

Hawaiian Jujitsu for Children

Ages 6 – 14

Jujitsu is a Japanese martial art using the principle of leverage against the strength and weight of an aggressor. Learn simple techniques to control your partner when attacked.

Instructor: Chris Peterson

Tues & Thurs	5:30 p.m. – 6:30 p.m.	Twin Towers
Sept. 3 – 26	Fee: \$47 (# classes: 8)	Class# 12667
Oct. 1 - 29	Fee: \$52.50 (# classes: 9)	Class# 12668
Nov. 5 - 26	Fee: \$41.50 (# classes: 7)	Class# 12669
Dec 3 – 19	Fee: \$36 (# classes: 6)	Class# 12670

Rock Climbing

Ages 6 – Adult, see page 27

NEW

SPORTS

Laser Tag

NEW

Ages 6 – Adult

Laser tag is fast-paced family entertainment that combines the classic games of tag and hide and seek with high tech action and adventure. Instructor: Bladium Staff

Saturday	Fee: \$102 (# Classes 8)	Bladium
Sept. 7 – Oct. 26	10:00 a.m. – 12:00 p.m.	Class # 12513

Lil' Kickers

NEW

Ages 18 mo. – 3

A fun adult- interactive class with toddlers to help build physical skills, self- esteem and teamwork. All activities are based on a variety of soccer skills.

Instructor: Phillip Hulme, Bladium

10:00 a.m. – 10:50 a.m.	Fee: \$213 (12 classes)	Veterans Room 250
Tuesday	Sept. 3 – Nov 19	Class # 12663
Thursday	Sept. 5 – Nov 21	Class# 12664



Lil' Sluggers

NEW

Ages 2 – 6

This class is an introductory program to the sport of baseball and will focus on building physical skills, self-esteem and teamwork. Instructor: Phillip Hulme, Bladium

Saturday	Fee: \$213 (12 classes)	Leydecker Field
Sept. 7 – Nov. 23	9:30 a.m. – 11:30 a.m.	Class # 12665

National Academy of Athletics Football Pro Day

NEW

Ages 7 – 15

Bring your football skills to this professional style combine event. Measure your skills in the Quarterback Challenge. Get your 40 yard dash time and speed instruction from our coaching staff. Compete and get your times in the pro style combine drills including the Shuttle Run, Cone Drill, Drop and Throw Drill and other professional drills, just like the college players entering the draft. Each participant receives a free t-shirt and an individual player profile card that records your times. The event is broken into three sessions for age groups of 7-9, 10-12 and 13-15. Each age group will award a Future MVP with the best cumulative scores.

Friday	Fee: \$39	Leydecker Park
October 18	6:30 p.m.	Class # 12637

National Academy of Athletics Basketball Game Day

NEW

Ages 7 – 13

Games, Games and more Games! This fun, one day program features all the games including dribble knock-out, Around the World, Pepsi Hot Spot, one on one, three on three and more. Designed to let the participants have a day where play is the main focus, this program is a basketball players dream come true. Come and play with our experienced coaches as they offer quality instruction to all participants, but remember: this one is all about FUN!

Monday	Fee: \$59	Alameda Point Gym
November 25	9:00 am - 3:00 pm	Class # 12638

Kidz Love Soccer

Since 1979, Kidz Love Soccer has been dedicated to teaching children the world's most popular sport within a nurturing, recreational environment. A typical session experience includes age appropriate activities: skill demonstrations, fun games, and instructional scrimmages. Young soccer enthusiasts experience soccer fun in a safe, non-competitive environment. Please bring shin guards and a water bottle.

KLS rain hotline (888) 372-5803

Wednesdays Classes	Upper Washington Park	
Sept. 18 – Nov. 13	\$110	
Tot/Pre-Soccer (3.5-5yrs)	3:10 pm – 3:45 pm	Class # 11808
Soccer 1 (5-6yrs)	3:45 pm – 4:30 pm	Class # 11810
Soccer Skillz & Scrimmages (7-10yrs)	4:30 pm – 5:15pm	Class # 11811
Saturday Classes	Upper Washington Park	
Sept. 21 – Nov. 16	\$110	
Tot-Soccer (3.5-4yrs)	9:15 am - 9:45 am	Class # 11807
Pre-Soccer (4-5yrs)	9:45 am - 10:20 am	Class # 11809
Soccer 1 (5-6yrs)	10:20am - 11:05 am	Class # 11812
Soccer Skillz & Scrimmages (7-10yrs)	11:05 am – 11:50 am	Class # 12600
Mommy/Daddy & Me Soccer (2-3.5yrs)	12:00 pm - 12:30 pm	Class # 12599



THE UNDERGROUND

Drop-In for Grades 6 - 12

The Underground Teen Center has computers, big screen TV, pool table, video games, ping pong, board games, music, snack bar, and adult supervision. There is no charge to use The Underground. Participants need to register at the center and must sign-in and sign-out on a daily basis.

Open Monday - Friday (closed school holidays)	3:00pm to 5:30pm
Drop-in for all 6th - 12th graders in Alameda	
Veteran's Memorial, 2203 Central Ave., downstairs in Room 170	

NEW for 2013!

The Underground Teen Center will be open, from 12:00 to 5:00 p.m., on the following AUSD Non-School Days:
October 11 & 14
November 25 & 26

Club Underground

Transportation for Grades 6 - 8

CLUB Underground is after school transportation from AUSD middle schools in ARPD vehicles to The Underground program. Transportation is not available on public school holidays, AUSD staff development days or unscheduled early release days. Participants must be registered before allowed to ride in the ARPD vehicles.

Mon/Tues/Thurs/Fri	Pick up: 2:30-3:00pm
Wednesday	Pick up: varies by school
Fee: \$2 per one-way trip OR \$20 ride pass available (10 rides)	
#12571 - Academy of Alameda	#12572 - ACLC
#12573 - Bayfarm School	#12575 - Lincoln Middle
#12783 - Junior Jets	#12576 - NEA
#12577 - Wood Middle	



Alameda Youth Committee

Grades 6 - 12

AYC is currently recruiting NEW members for the 2013-2014 school year!

Get involved with planning activities for teens: dances, excursions, training, community issues, fundraising, etc. We are seeking responsible and committed teens who would like to get hands-on experience when it comes to event planning. Your creativity, past experience, social ability, and community spirit are needed to assist the Alameda Recreation and Park Department. A commitment is required and community hours will be earned when you participate with AYC. Applications are available at The Underground Teen Center and the Alameda Recreation and Park Department. Interviews will be conducted prior to acceptance into the Committee.

Wednesdays	#12396	4:00 p.m. - 5:00 p.m.
Veteran's Memorial Building, 2203 Central Avenue, Rm 390		

Operation GreenSweep

Grades 6 - 12

GreenSweep is looking for teens who want to earn community service hours by helping to beautify our city parks and community centers. Teens will meet ARPD Teen Staff at the Veteran's Memorial Building on Fridays/early release days to work on various park projects. Duties include but are not limited to park clean-up, light trash removal, weeding, planting, etc. Equipment will be provided to participants for various projects. Transportation will be provided to and from the parks. Registrations will be taken until program is full. Program will be held weather-permitting.

Fridays	Sept. 13 - Nov. 15 (no session on Oct.11)	
#12570	3:30 p.m. - 5:00 p.m.	\$45 (includes t-shirt)
Veteran's Memorial Building, 2203 Central Avenue		

Teen Volunteer Program

Grades 7 - 12

This program is for students who are interested in volunteering at the parks and playgrounds. Students must complete a volunteer application form and return it to the Recreation and Park Department, 2226 Santa Clara Ave. Applicants will be contacted for an interview. Interviews do not guarantee acceptance into the program. Upon selection, volunteers must attend a training session. Registrations and/or interviews one week prior OR after training session dates will not be accepted. These volunteer hours will satisfy the community service requirement for the schools. Limit 24 students per training session.

Thursday	September 19, 2013	4:00-5:30pm
#12569	\$45.00	
Veterans Memorial Building, Rm 120		

**For more informations and the latest updates
see www.alamedaca.gov/recreation**

Aikido For Teens

Ages 13 - 18

Aikido is a Japanese martial art, a self-defense system, which primarily emphasizes the use of redirecting the attacker's energy, as opposed to meeting force with force, and not based on physical strength, but technique. Young people learn physical fitness, stretching and relaxation exercises.

Instructor: Elmer Tancinco

Class# 12589	Fee: \$93	Alameda Aikikai
Tuesday	Sept. 3 - Nov. 5*	6:00 p.m. - 7:15 p.m.
Saturday	Sept. 7 - Nov. 9	10:15 a.m. - 11:15 a.m.

*You may choose any 10 classes for this session.

Broadway Jazz Teen/Adult

Ages 11 & Up

This class combines classical jazz technique with Broadway-style routines and music. Routines change regularly to keep you on your toes and able to learn material and styles quickly. This is an Advanced-Beginner/Intermediate level and some dance background is helpful. Jazz shoes required.

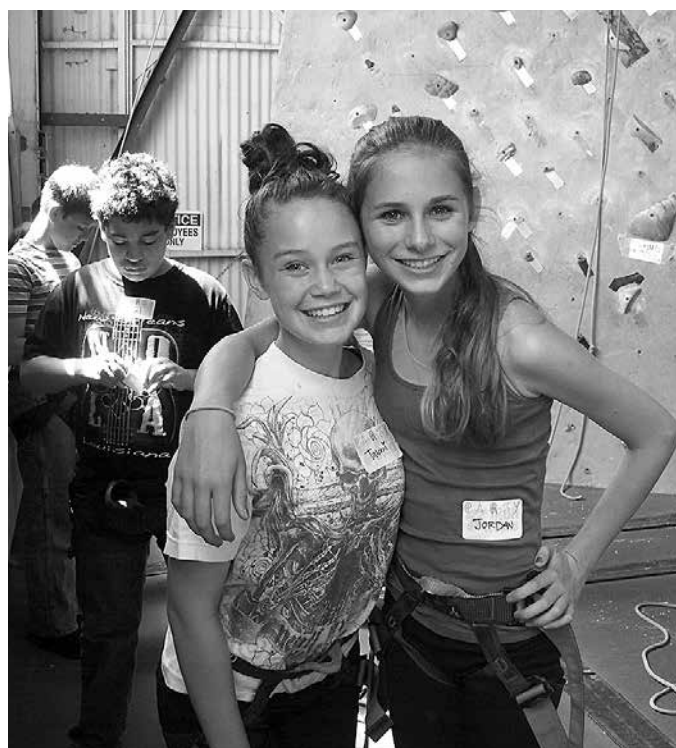
Instructor: Christina Lazo, Dance/10

Tuesday	Fee: \$268 (15 classes)	Dance/ 10
Sept.3 - Dec. 17 No class Nov.26	9:00 p.m. - 10:00 p.m.	Class# 12639

Crossfit

Ages 8 - Adult, see page 26

NEW



Driver Education Internet Study Course

Ages 15 - 18

Are you tired of asking your parents for a ride? Are you at least 15 years old? If so, this class is for you. This is an interactive, online course with videos, animated driving scenarios and sample test questions. Learn the rules of the road, major causes of traffic collisions, DMV procedures and much more. Receive DMV-approved Certificate of Completion. This class is a requirement for teens under 18 years old to obtain a learner's permit and driver's license. A licensed instructor is available to answer any questions. Sign up any time and take the online course at a time convenient for your schedule.

Fee: \$55.00	Class # 12590
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Hip Hop Teen

Ages 11 - 18

Add a new groove to your walk. This class is great for students with little to no dance experience. Students should be dressed in athletic wear and tennis shoes.

Instructor: Kory Watkins, Dance/10

Wednesday	Fee: \$268 (15 classes)	Dance/10
Sept. 4 - Dec. 18 No class Nov. 27	6:30 p.m. - 7:30 p.m.	Class# 12591

Laser Tag

Ages 6 - Adult, see page 15

NEW

Rock Climbing

Ages 6 - Adult, see page 27

NEW

Tap For Pre-Teen/Teen

Ages 11 - 18

This dance class includes an introduction to musicality, clarity of tap sounds, proper technique, speed and a variety of styles of steps. Students should be dressed in athletic wear. Tap shoes required.

Instructor: Cristine Rottach, Dance/10

Monday	Fee:\$253 (#classes14)	Dance/10
Sept. 9 - Dec. 16 No class Nov. 25	6:30 p.m. - 7:30 p.m.	Class# 12640

Teen Intro to Ballet

Ages 11 - 18

Want to be a Bun Head? If so, this class is geared toward teens that have always wanted to try ballet. Grab a friend and come give it a try. If nothing else, it's a great workout! ABA does have a dress code, please contact us at admin@alamedaballet.com (Subject Line: ARPD) prior to your first class about obtaining dance wear.

Tuesday	Fee: \$205 (10 Classes)	Alameda Ballet
Sept. 17 - Nov. 19	6:30 p.m. - 7:30 p.m.	Class # 12641

TENNIS - LESSONS

TENNIS LESSON

Locations

Krusi Tennis Courts	at Otis & High St
Fairfield Tennis Courts	740 Central Ave at 8th St.(Lower Washington Park)
Leydecker Tennis Courts	3225 Mecartney Road (Bay Farm Island)

Adult Monday Morning Lessons

Ages 18 & Up

Now is the time to make those changes to your strokes that will raise your game a notch. Each class includes instructor tips, drills, strategy & tactics

Fairfield Tennis Courts		
Monday	\$100 per session	\$20 drop in
Sept. 16 – Oct. 21	9:00 a.m. – 10 a.m.	Class # 12601
Oct. 28 – Dec 2	9:00 a.m. – 10 a.m.	Class # 12602
Rain outs will be made up at the end of the session		

Adult Evening Lessons

Ages 18 & Up

Whether you are a beginner playing for the first time or an experienced player trying to hone your skills, ARPD can help improve your game.

Fairfield Courts		
Tuesday and Thursday	\$100 per session	\$20 drop in
Beginners	6:30 p.m. - 7:30 p.m.	
Intermediate/Advanced	7:30 p.m. - 8:30 p.m.	
6 classes	Beginner	Intermediate / Advanced
Sept. 3 – 19	Class #12603	Class #12606
Sept. 24 – Oct. 10	Class #12604	Class #12607
Oct. 15 – Oct. 31	Class #12605	Class #12608
Rain outs will be made up at the end of the session		



10 and Under Tennis

Ages 5 – 10

This class is designed to bring kids into the game by utilizing specialized equipment, shorter court dimensions, and modified scoring, all tailored to age and size.

Krusi Tennis Courts	
Saturdays	\$20 drop in only
6 classes per session	Sept. 21 – Dec. 2
9:00 a.m. – 10:00 a.m.	7 – 8 year olds
10:00 a.m. – 11:00 a.m.	9 – 10 year olds
11:00 a.m. – 12:00 p.m.	5 – 6 year olds (Mommy/Daddy & Me)

Private and Semi-Private Lessons

Ages 6 & Up

ARPD tennis instructors are available for private and semi private instruction year round. Time and location of the lessons are flexible and arranged upon request. Our instructors are experienced tennis teachers, many of whom are certified professionals. Call 510 747-PLAY for scheduling.

Private Instruction	
1 hour lesson	\$45
4 one-hour lessons	\$180
Semi-Private	
1 hour lesson	\$60
4 one-hour lessons	\$240
Must have partner, price listed is for two participants	



FACILITY & PARK RENTALS

ARPD Main Office

2226 Santa Clara Ave., 747-PLAY, ARPD@alamedaca.gov

Maintenance Request Line

To report an issue in a park or facility 747-7542

Albert H. DeWitt O'Club

641 West Redline Ave., Alameda Point

A beautiful, historic facility available for parties, weddings, special events and family functions. The facility features wood paneling, crystal chandeliers, and a parquet dance floor. The O'Club is an ideal venue for wedding receptions, banquets, social gathering and conferences. Rental fee includes room set-up, janitorial service and staff supervision. Seats up to 240 people.

Resident Private Rental Fees (4 hour minimum)	
Main Dining Room (250 max)	\$150/hour
Trident Room (120 max)	\$125/hour
Terrace Room (90 max)	\$100/hour
Squadron Room (50 max)	\$50/hour
Security deposit applies to all rentals	\$500
Other fees may apply	

Recreation Centers at Bayport, Leydecker & Lincoln Parks

Rec Centers are available to individuals and organizations and are ideal for private parties, birthdays, showers, dinners and other social functions. Seats up to 110 people.

Resident Private Rental Fee (2 hour min)	\$90/hour
Security deposit	\$300
Additional fee structure and other fees may apply.	



Picnic Areas and Athletic Fields

These are available to individuals and organizations. Alcohol is not permitted.

Picnic tables available at the following parks: Franklin, Godfrey, Krusi, Leydecker, Lincoln, Littlejohn, Shoreline, Tillman and Washington. Picnic areas may be reserved from 9:00am – 8:00pm.

Resident Private Rental Fee (3 hour min)	\$30-80/hour
Other fees may apply	

For all facilities, reservations may be made in person at the Recreation Office, 2226 Santa Clara Ave. or requested by emailing ARPD@alamedaca.gov.

**A minimum advanced notice of seven working days is required.
Hours: Mon. - Thurs. 8:00 a.m. - 6:00 p.m.**



ADDITIONAL FACILITIES AVAILABLE TO THE PUBLIC

Encinal and Grand Street Boat Ramps

ARPD maintains two free public boat launching ramps. Both Boat Ramps include a launching ramp, restrooms, and automobile and trailer parking. The Grand Street Boat Ramp also includes a fishing pier and fish cleaning facilities.

Bill Osborne Model Airplane Field

Free flying lessons are held from 8:30am – 11:30am Sundays by appointment only, weather permitting. Equipment provided by Aero-nuts. For more info, visit www.aeromaniacs.com/bofield.html. Fees are not required for flying model airplanes but proof of personal liability insurance is required.

FACILITY & PARK

**ENJOY
ALL THAT THE
CITY OF
ALAMEDA
HAS TO
OFFER!**



ARPD Main Office

2226 Santa Clara Ave.

747-PLAY

ARPD@alamedaca.gov

www.alamedaca.gov/recreation

Online registration: www.arpdeplay.com

www.facebook.com/playARPD

Maintenance Request Line
to report an issue in a park
or facility 747-7542

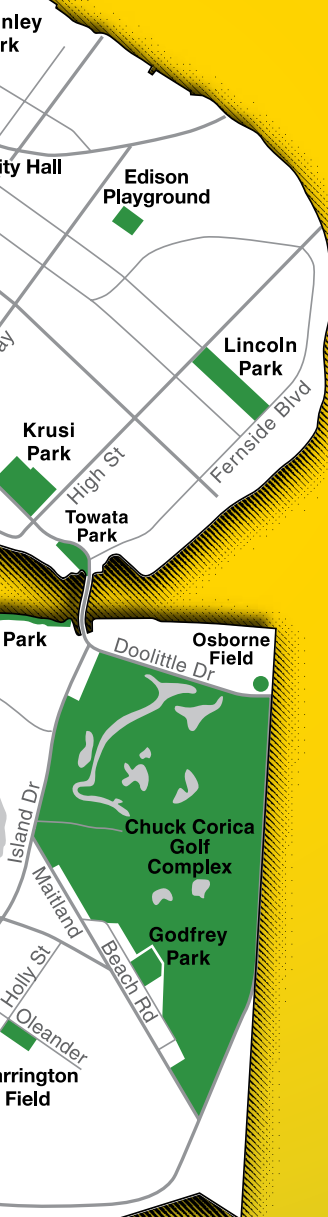
CLASS LOCATIONS

Alameda Aikikai	(510) 523-0392 2025 Clement Avenue
Alameda Ballet Academy	(510) 337-1929 1402 Park Street
Alameda High School	2201 Encinal Avenue
Bladium	(510) 814-4999 800 West Tower Ave. Bldg 40
Dance/10 Performing Arts Center	(510) 522-5678 900 Santa Clara Avenue
Encinal High School	210 Central Avenue
Ruby's Tumbling	(510) 337-0846 2333 Clement Avenue
Team Silva	1706 Lincoln Avenue
Twin Towers Church	(510) 522-6744 1411 Oak Street



FACILITY & PARK LOCATIONS

Alameda Point Gym & Multi-purpose Field	1101 West Redline Ave.	747-PLAY
Bayport Park	301 Jack London Ave.	263-1428
City View Skate Park (Alameda Point)	1177 West Redline Ave.	
Chuck Corica Golf Complex	1 Clubhouse Memorial Dr.	747-7800
Dog Park (Robert Crown Memorial Beach)	next to Washington Park Tennis Courts	
Emma Hood Swim Center	2256 Alameda Ave.	522-8107
Encinal Boat Ramp	Central Ave. behind Encinal High	
Encinal Swim Center	230 Central Ave.	522-4590
Franklin Park	1432 San Antonio Ave.	522-3132
Godfrey Park	281 Beach Rd.	521-1551
Grand Street Boat Ramp	North End of Grand St.	
Harrington Field	3400 Oleander Ave.	
Jackson Park	2430 Encinal Ave.	
Krusi Park	900 Mound St.	522-4341
Leydecker Park	3225 Mecartney Rd.	521-1266
Lincoln Park/Harrison Center	1450 High St.	523-6222
Littlejohn Park	1401 Pacific Ave.	523-1510
Longfellow Park	520 Lincoln Ave.	522-5262
Main Street Dog Park	Main St. & Navy Wy.	
Main Street Linear Park	Atlantic Ave.	
Main Street Soccer Field	Main St. & Appezzato Pkwy.	
Marina Cove Waterfront Park	1591 Clement St.	
Mastick Senior Center	1155 Santa Clara Ave.	747-7500
McKinley Park	2165 Buena Vista Ave.	522-6161
Neptune Park	2301 Webster St.	
O'Club	641 West Redline Ave.	747-PLAY
Bill Osborne Model Airplane Field	Doolittle Dr. at Harbor Bay Parkway	
Rittler Park	1400 Otis Dr.	
Shoreline Park	2801 Seaview Parkway	
Tillman Park	220 Aughinbaugh Wy.	521-8307
Underground Teen Center	Veteran's Building, Rm 170	748-9466
Veteran's Memorial Building	2203 Central Ave.	864-4017
Towata Park	3315 Bridgeway Isle	
Washington Park	740 Central Ave.	521-0162
Woodstock Park	351 Cypress St.	521-0656



ALAMEDA FREE LIBRARY

510-747-7777

Check us out at www.alamedafree.org, on our Facebook page at www.facebook.com/alamedafreelibrary or Twitter at [@alamedafree](https://twitter.com/alamedafree)

The Alameda Free Library serves our community at three locations with a variety of services, including current and historic materials, internet access, books on audio, CDs, DVDs, storytimes, reference services, tax forms, foreign language materials, online databases, and special programs. The Main Library also features small group study rooms, larger meeting facilities and a café.



Main Library	
1550 Oak Street	510-747-7777
Mon - Wed	12 p.m. – 8 p.m.
Thu – Sat	10 a.m. – 5 p.m.
Sun	1 p.m. – 5 p.m.
Closed	Holidays
Bay Farm Island Library	
3221 Mecartney Road	510-747-7787
Mon	10 a.m. – 6 p.m.
Tues	12 p.m. – 8 p.m.
Thurs & Sat	10 a.m. – 5 p.m.
Closed	Wed, Fri, Sun & Holidays
West End Library	
788 Santa Clara Avenue	510-747-7767
Mon	12 p.m. – 8 p.m.
Wed	10 a.m. – 6 p.m.
Thurs & Sat	10 a.m. – 5 p.m.
Closed	Tues, Fri, Sun & Holidays
READY to go!	
677 West Ranger Avenue	Alameda Free Library's newest branch!
Open 24/7, this book vending machine is READY to go!	

Alameda Reads

**Free tutors help adults read and write better.
Want to be a tutor? Need a tutor?**

Call us: 510-865-2454	2203 Central Avenue
Mon – Wed: 9am – 2pm	Thurs: 4 p.m. – 8 p.m.

Online Services

The Alameda Free Library's website allows you to check our catalog online, check your library account, place holds, and renew materials. You also have access to electronic databases containing thousands of full-text magazine, journal, and book articles, as well as tutoring services for students through our Live Homework Help® link! www.alamedafree.org

Storytimes

Mama Goose Storytime	Ages 1 – 3
Main Library	Saturdays 10 a.m.
Peter Rabbit Storytime	Ages 3 – 5
West End Library	Wednesdays 10:30 a.m.
Main Library	Thursdays 10 & 11 a.m.
School-Age Storytime	Ages 5 – 8
Main Library	Wednesdays 3:30 p.m.
Family Storytime	All ages
Main Library	Sundays 2 p.m.
Bay Farm Island Library	Tuesdays 7 p.m.
Alameda Community Sing-Along	Ages 0 – 3
Main Library	Mon & Wed 10:15 a.m.

Ongoing Programs

Adult and Teen Book Clubs

Call 510-747-7713 for titles, dates, and times

Children's Book Clubs

Call 510-747-7705 for titles, dates, and times

Special Programs for Children, Teens, and Adults

The Library has lots of special programs going on this fall.



CHUCK CORICA GOLF COMPLEX

1 Clubhouse Memorial Drive
747-7800
www.golfinalameda.com

A golfers destination with 45 holes of challenging, yet enjoyable golf, a staff of PGA Professionals, pro shop, night lighted driving range, teaching academy, practice areas, restaurant, lounge and 9-hole Mif Albright course. Perfect for beginners and seniors.

The Earl Fry (North) and Jack Clark (South) Courses offer two scenic and challenging championship layouts that will challenge anyone's golfing skills. Call to reserve starting times or schedule a tournament. Our staff of highly trained professionals can provide assistance in club fitting, apparel, golf equipment, club repair and lessons.

Practice Makes Perfect... Enjoy the 9-Hole Par-Three Course & Expansive Practice Range... Friends, families and fun are a big part of golf at Chuck Corica, designed for beginners or those wanting to improve their short game, the par-three 9-hole MIF Albright course is a perfect option for those looking for a quick golf fix. Or, maybe a little practice on one of California's largest driving ranges is what you need to get started or to lower those scores.

Lucious Bateman Driving Range

6:00am – 9:00pm

- Synthetic surface with target greens
- Top Flite super range balls
- Custom club fitting by trained experts
- Lighted driving range
- Covered hitting stalls during inclement weather
- Club Repair

Norma Arnerich Teaching Academy

- Private teaching stalls
- Indoor teaching center
- State of the art video equipment
- Individual and group lessons available.

Junior Golfer After School Program

This creative and innovative program will provide Junior Golfers ages 7 – 17 with instructional clinics covering full swing, short game, and putting.

Thursdays	4:00pm – 5:00pm	\$60 for four sessions
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Residents (without cart)	Monday-Friday	Sat-Sun. & Holiday
General	\$28.00	\$35.00
Senior (Age 60+)	\$23.00	\$35.00
Junior	\$1.00 Earl Fry after 12:00	\$1.00 after Twilight only
Twilight	\$23.00	\$25.00
<i>(2pm in summer & 1pm in winter)</i>		
Late Twilight	\$17.00	\$17.00
<i>(6pm in summer & 3pm in winter)</i>		
9-holes	\$19.00	\$22.00
<i>(1st 2-hours of the day)</i>		
Tournament	\$50.00	\$60.00
Tournament (Senior)	\$38.00	\$60.00

Golf Course Renovations Update

Major improvements underway include:

- Renovation of practice range to include natural grass and teaching academy upgrades.
- Complete reshaping and grassing of the par-3 course.
- Complete renovation of Jack Clark South Course by world renowned golf architect Rees Jones.
- New cart paths, improved drainage and grassing of Earl Fry North Course.

Phase I of the Lucious Bateman Driving Range Renovation is complete! Phase II of the practice facility renovation will include:

- Practice facility building renovations
- Teaching academy upgrades
- World class short game area

Greenway Golf's renovation of the Lucious Bateman Driving Range provides golfers with a higher quality practice experience and our instructors with a first class teaching facility. Significant upgrades of the range included removal of the artificial turf, reshaping and addition of attractive target greens and bunkers, and installation of environmentally sustainable natural grass. Greenway took extra care removing the artificial turf so that it could be reused as sand bunker liners instead of going in a landfill.

The Mif Par-3 course is currently closed for renovation with plans to reopen in September.

Improvements underway include:

- Complete removal of current grasses and weeds
- Re-shaping tee pads and minor re-routing
- Greens reconstruction
- Installation of storm drainage system and irrigation system upgrades
- Complete re-grassing
- Sod striped from the greens will be recycled and reused during the rebuilding phase.

ENRICHMENT

Acting Expansion **NEW**

Join us as we expand our awareness of our communication and use it to create. We warm up our bodies and voices and then explore expression and provide positive feedback for each other. Instructor: Ken Walsh

Thursday	Fee: \$43 (8 classes)	Veterans Room 250
Sept. 5 – Oct. 24	6:00 p.m. – 7:00 p.m.	Class # 12546

The Alexander Technique: Intro

The Technique is a well-established and practical method for overcoming physical challenges and achieving optimal health for body and mind. Discover how your body moves and functions. Instructor: Lenka Fejt

Saturday	Fee: \$63 (3 classes)	Leydecker Center
Sept. 14 - 21 - 28	10:00 a.m. – 12:00 p.m.	Class# 12547

Alameda Community Band **NEW**

Want to be a part of the Alameda Community Band? Join us to rehearse and prepare for concerts. Some experience required on woodwind, brass or percussion.

Instructor: Micheal L. Wirgler



Tuesday	Fee: \$78 (16 classes)	Encinal HS Band Room
Aug.27 – Dec. 17	7:30 p.m. - 9:30 p.m.	Class# 12548
No class Nov. 25		

Alameda Community Chorus **NEW**

Alameda Community Chorus sings seasonal choral repertoire – classical, contemporary, light rock, pop, Broadway – Culminating in a Holiday Concert. Come to the music and sing your heart out! (Short vocal evaluation for parts assignment first session) For scholarships call 510-748-9087.

Instructor: Kathleen Neale

Mondays	Fee: \$145 (11 classes)	Alameda HS Band Room
Sept. 9 – Dec. 6	6:45 p.m. – 9:15 p.m.	Class # 12549
No Classes Oct. 14, Nov. 11 & 25		

Bridge

This class is for those who have taken the Bridge (Beginning) class and for those casual players who want to have fun while improving their skills. All students will get to bid, play and score at every class. Covered subjects include: review of the basics, Stayman and Blackwell conventions, play of the hand and defense strategy. Supply fee of \$3 for book due to teacher at first class.

Instructor: Richard Leres

Tuesday	Fee: \$67 (8 classes)	Bayport Center
Oct. 22 – Dec. 10	9:30 a.m. – 11:30 a.m.	Class# 12550



Cooking - Indian

Learn to prepare an exotic, multi-course feast. Meela's passion and knowledge of spices relating to Indian cuisine, culture, and history, is a treat for students. Supply fee of \$12 due at first class

Instructor: Meela Shah

Saturday	Fee: \$53 (1 class)	Leydecker Center
Oct. 19	10:00 a.m. – 1:30 p.m.	Class# 12551

Cooking - Southeast Asian

Learn how to prepare several authentic and delicious Southeast Asian cuisines. This hands-on workshop will feature a different menu each week. Be prepared to experience an array of flavors. Bring containers for leftovers! Supply fee of \$40 due to instructor at first class.

Instructor: Dinh & Sandy Truong

Wednesday	Fee: \$78 (3 classes)	Bayport Center
Sept. 25, Oct 2, 9	6:30 p.m. – 8:30 p.m.	Class# 12583

Knitting

Beginning and Intermediate students will learn to read pattern books and/or design and create their own garments and gifts. Advanced students will master technique and bring their own projects. Machine knitters are welcome.

Instructor: Paola Trombetta

Monday	Fee: \$108 (7 classes)	Veterans Bldg, Rm 120
Sept. 9 – Oct. 21	2:30p.m. – 5:30 p.m.	Class# 12552
Sept. 9 – Oct. 21	5:45 p.m. – 8:45 p.m.	Class# 12553
Oct 28 – Dec. 16	2:30p.m. – 5:30 p.m.	Class# 12554
Oct 28 – Dec. 16	5:45 p.m. – 8:45 p.m.	Class# 12555

**For more informations
and the latest updates see
www.alamedaca.gov/recreation**

Meditation

Join us for gentle movement, breathing, relaxation and just taking care of ourselves.

Instructor: Ken Walsh

NEW

Tuesday	Fee: \$43 (8 classes)	Veterans Bldg.
Sept. 3 – Oct. 22	5:45 p.m. – 6:45 p.m.	Class# 12556

Singing - Private Lessons

Private Singing Lessons are the key to singing with a powerful, beautiful voice. We will take you to the next level. Be sure to impress at your next audition, performance or karaoke night! Supply fee of \$20 due to teacher at first class.

Instructor: The Latimerlo Studio



Thursday	Fee: \$213 (4 classes)	Veteran's Bldg, Rm 390 (upstairs)
Sept. 12 – Oct. 3	5:00 p.m. – 5:45 p.m.	Class# 12557
Sept. 12 – Oct. 3	5:45 p.m. – 6:30 p.m.	Class# 12558
Sept. 12 – Oct. 3	6:30 p.m. - 7:15 p.m.	Class# 12559
Sept. 12 – Oct. 3	7:15 p.m. - 8:00 p.m.	Class# 12560
Oct. 10 – Oct. 31	5:00 p.m. – 5:45 p.m.	Class# 12561
Oct. 10 – Oct. 31	5:45 p.m. – 6:30 p.m.	Class# 12562
Oct. 10 – Oct. 31	6:30 p.m. - 7:15 p.m.	Class# 12563
Oct. 10 – Oct. 31	7:15 p.m. - 8:00 p.m.	Class# 12565
Nov. 7 – Dec. 5	5:00 p.m. – 5:45 p.m.	Class# 12564
No Class November 28		
Nov. 7 – Dec. 5	5:45 p.m. – 6:30 p.m.	Class# 12566
No Class November 28		
Nov. 7 – Dec. 5	6:30 p.m. - 7:15 p.m..	Class# 12567
No Class November 28		
Nov. 7 – Dec. 5	7:15 p.m. - 8:00 p.m.	Class# 12568
No Class November 28		

Singing - Holiday Caroling **NEW**

Join us for a singing class centered around the holidays we love! Learn healthy vocal technique from our highly trained teacher while getting into the spirit of the season. The final class will be at a special location to bring your skills & cheer to the public.

Instructor: Latimerlo Studio

Tues & 1 Saturday	Fee: \$93 (5 classes)	Veterans Bldg, Rm 390
Nov. 5, 12, 19, 26, Dec. 7	7:00 p.m. – 8:30 p.m.	Class # 12582

Spanish - Conversational

¡Vamos a hablar! Whether you've taken a course yesterday or years ago, this class is for you. We will focus on listening and speaking. All levels welcome.

Instructor: Bethany Sanchez

Monday	Fee: \$78 (11 classes)	Veteran's Bldg, Rm 250
Sept. 9 – Dec. 9	5:30 p.m. – 6:30 p.m.	Class# 12584
No class on Oct 7, Nov 11, 25		

Taiko Drumming - Beginning

Ages 10 & Up

An introduction to the rhythms and movement of Japanese Taiko Drumming. Learn to play simple pieces while enjoying moderate aerobic exercise. There is a Supply fee of \$5 due to instructor at first session.

Instructor: Kaji Yama Taiko Group

Tuesdays	Fee: \$83 (8 classes)	O'Club
Sept. 3 – Oct. 22	7:30 p.m. – 8:30 p.m.	Class# 12585
Oct. 29 – Dec. 17	7:30 p.m. – 8:30 p.m.	Class# 12586

Taiko Drumming - Intermediate

Ages 10 & Up

This class teaches more complex and physically demanding aspects of Japanese Taiko Drumming. It provides moderate to vigorous aerobic exercise and it will introduce the students to a full spectrum of skills needed for a performance including drumming styles, staging, varieties of equipment, etc. Supply fee of \$5 due to instructor at the first class.

Instructor: Kaji Yama Taiko Group

Tuesdays	Fee: \$83 (8 classes)	O'Club
Sept. 3 – Oct. 22	6:30 p.m. – 7:30 p.m.	Class# 12587
Oct. 29 – Dec. 17	6:30 p.m. – 7:30 p.m.	Class# 12588



FITNESS

Aikido For Adults

Aikido is a martial art, a self-defense system, which primarily emphasizes the use of redirecting the attacker's energy, as opposed to meeting force with force, and is based not on physical strength, but technique. Learned techniques include joint locks, holds, and body throws.

Instructor: Elmer Tancinco



Class# 12475	Fee: \$63 (8 classes)	Alameda Aikikai
Tuesday	Sept. 3 – Oct. 22	6:00 p.m. - 7:15 p.m.
Thursday	Sept. 5 – Oct. 24	6:00 p.m. - 7:00 p.m.
Saturday	Sept. 7 – Oct. 26	10:15 a.m. - 11:15 a.m.
*Choose any 8 classes from these session dates (Sept. 3 – Oct. 26, 2013)		

Aikido with Tom Reed

Aikido is often thought of as a soft or internal martial art. Technique, timing and efficiency, rather than strength, are emphasized in the movements.

Instructor: Tom Reed

Mon & Wed	Fee: \$53 per month	Veteran Room 390
Sept 4 - 30	7:30 p.m. - 8:30 p.m.	Class# 12479
Oct. 2 - 30	7:30 p.m. - 8:30 p.m.	Class# 12478
Nov. 4 - 27	7:30 p.m. - 8:30 p.m.	Class# 12476
No Class Nov. 11		
Dec. 2 - 18	7:30 p.m. - 8:30 p.m.	Class# 12477

Boot Camp - Advanced

Do you want to take your fitness program to a higher level? Are you looking to challenge yourself? Do you want to lose weight? If so, we are here for you!

Instructor: Cata Stewart



Tue & Thurs	Fee: \$58 (11 classes)	Leydecker Center
Sept. 24 – Oct. 29	6:30 p.m. – 7:30 p.m.	Class# 12480
Tue & Thurs	Fee: \$68 (13 classes)	Leydecker Center
Nov. 5 – Dec. 19	6:30 p.m. – 7:30 p.m.	Class# 12481
No class Nov. 28		

Boot Camp - Beginners

Start Today! Improve your quality of life by taking part in our total body fitness program. Enjoy cardiovascular strength, conditioning training and complete upper and lower body toning. Wear comfortable clothing and athletic shoes.

Instructor: Cata Stewart

Tue & Thur	Fee: \$58 (11 classes)	Leydecker Center
Sept. 24 – Oct. 29	7:30 p.m. – 8:30 p.m.	Class# 12486
Tue & Thur	Fee: \$68 (13 classes)	Leydecker Center
Nov. 5 – Dec. 19	7:30 p.m. – 8:30 p.m.	Class# 12487
No class Nov. 28		

Boot Camp - Impact

Impact is designed to get you fit fast! The class incorporates advanced training principles used by the fittest athletes and fitness models. Each workout consists of a blood pumping warm up, speed and agility drills used in sport training, followed by strength-conditioning and endurance. Monday is lower body, Wednesday is upper body, and Friday is core.

Instructor: Summer Farouni

Mon & Wed. & Fri.	6:00 a.m. – 7:00 a.m.	Leydecker Center
Sept. 4 – 30	Fee: \$123 (12 classes)	Class# 12488
Oct. 2 – 28	Fee: \$123 (12 classes)	Class# 12489
Nov. 1 – 27	Fee: \$113 (11 classes)	Class# 12490
No class Nov. 11		
Dec. 2 – 20	Fee: \$93 (9 classes)	Class# 12491

Crossfit

NEW

Ages 8 – Adult

This class is a revolutionary fitness training program for everyone. The program consists of constantly varied functional movements (pushing, pulling, throwing, jumping and squatting) performed at high intensity.

Instructor: Bladium Staff

Fee: \$102	(8 classes)	Bladium
Tuesday	Sept. 3 – Oct. 22	6:00 a.m. - 7:00 a.m. Class# 12514
Wed.	Sept. 4 – Oct. 23	5:30 p.m. - 6:30 p.m. Class# 12515
Thursday	Sept. 5 – Oct. 24	9:15 a.m. - 10:15 a.m. Class# 12516

Fitness Conditioning & Combat Workout

Get fit by learning basic self-defense techniques. Learn and practice basic boxing, kickboxing and self defense moves. This class is perfect for adults wishing to improve their fitness level and those wanting to learn to defend themselves (minors must be accompanied by a parent).

Instructor: Elmer Tancinco

Wednesday	Fee: \$53 (8 classes)	Alameda Aikikai
Sept. 4 – Oct. 23	7:00 p.m. - 8:15 p.m.	Class# 12492

For Class
Locations see
page 20-21

FITNESS - ADULTS

Golf - Adult

Learn Golf fundamentals including: golf swing, using irons and woods, and chipping and putting techniques. Clubs provided as needed. Rubber soled shoes are recommended. Enrollment is limited.

Instructor: Randy Herzberg

Fridays	Fee: \$53 (6 classes)	Godfrey Field
Sept. 6 – Oct. 11	9:30 a.m. – 10:30 a.m.	Class# 12495
Sept. 6 – Oct. 11	10:30 a.m. – 11:30 a.m.	Class# 12496

Hawaiian Jujitsu for Adults

Ages 15 & Up

Hawaiian Jujitsu is a Japanese martial art using anatomical knowledge and the principle of leverage against the strength and weight of an aggressor. Learn street self-defense, grappling, and traditional Jujitsu (Kodenkan).

Instructor: Chris Peterson

Tue & Thur	7:00 p.m. – 8:30 p.m.	Twin Towers
Sept. 3 – 26	Fee: \$53 (8 classes)	Class# 12497
Oct. 1 – 29	Fee: \$59.25 (9 classes)	Class# 12498
Nov. 5 – 26	Fee: \$46.75 (7 classes)	Class# 12499
Dec. 3 – 19	Fee: \$40.50 (6 classes)	Class# 12500
Saturday	11:30 a.m. - 1:00 p.m.	Twin Towers
Sept. 14 – 28	Fee: \$21.75 (3 classes)	Class# 12501
Oct. 5 – 26	Fee: \$28 (4 classes)	Class# 12502
Nov. 2 – 23	Fee: \$28 (4classes)	Class# 12503

Hot Hula Fitness **NEW**

Hot hula provides a total body workout by isolating larger muscle groups, increasing strength and definition to your core with specific emphasis on the abs, glutes, quads and arms.

Instructor: Summer Farouni

Tuesday	10:30 a.m. – 11:30 a.m.	Harrison Center
Sept. 3 – Oct. 22	Fee: \$83 (8 classes)	Class# 12504
Oct. 29 – Dec 17	Fee: \$83 (8 classes)	Class# 12505

Jazzercise - Park Street

Jazzercise on Park Street (1402 Park Street, 2nd floor), located inside Alameda Ballet Academy (ABA), meets all your fitness needs - Cardio, Strength, and Stretch in just one hour! Registration is available for NEW customers. For more information, e-mail jazzerkriste@comcast.net

Instructors: Kriste, Judy, Michele

Fee: \$92	15 weeks unlimited attendance
Sept. 3 – Dec 19	Class# 12506
Monday, Wednesday, Friday	6:00 am. - 7:00 a.m.
Monday through Sunday	8:30 a.m. - 9:30 a.m.

Laser Tag

NEW

Ages 6 – Adult see page 15

Low Impact Cardio

Stretch/Relaxation

Low impact gentle aerobic workout. Gently firm and stretch to experience an overall conditioning of the body. Suitable for those just starting an exercise program or desiring a lower pace class.

Instructor: Toya Alexander

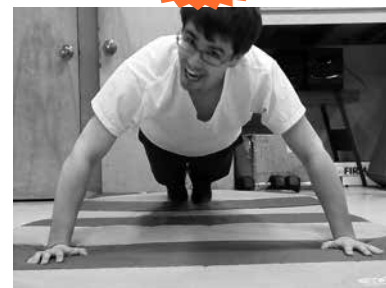


Tue & Thur	9:00 a.m. – 10:00 a.m.	Harrison Center
Sept. 3 – 26	Fee: \$51 / Seniors \$49 (8 classes)	Class# 12507
Oct. 1 – 24	Fee: \$51 / Seniors \$49 (8 classes)	Class# 12508
Oct. 29 – Nov 21	Fee: \$51 / Seniors \$49 (8 classes)	Class# 12509
Dec. 3 - 19	Fee: \$39 / Senior \$37 (6 classes)	Class# 12510

Pilates Mat & Stretch **NEW**

It is Ms.Rudisill's belief that in order to reap the benefits of Pilates and develop core strength (as opposed to superficial muscles) one must first fully understand the 16 fundamentals that the more advanced work is built on, much like building the foundation of a house. Once the class physically understands the Fundamentals, instruction will include more advanced mat exercises. Yoga, Feldenkrais, and Somatic body-mind methods will be incorporated.

Instructor: Abra Rudisill



Thursday	Fee: \$245 (12 classes)	Alameda Ballet Academy
Sept. 5 – Nov. 21	9:45 a.m. – 11:00 a.m.	Class# 12511

Rock Climbing **NEW**

Ages 6 – Adult

A fun, safe way to build strength, endurance and mental acuity. Bladium's 35-foot wall offers a range of climbing terrain for beginners to experienced climbers.

Instructor: Bladium Staff

Thursday	Fee: \$102 (8 classes)	Bladium
Sept. 5 – Oct. 24	6:00 p.m. – 9:00 p.m.	Class# 12512

Shaolin Tai Chi Praying Mantis Kung Fu

A study and practice workshop in the form and theories of Tai Chi Chuan and Shaolin Kung Fu. This class will cover Qi-Gong, Meditation, Self-defense as well as the movements of the Yang 24 style Tai Chi Chuan and Shaolin Kung Fu. Suitable for all levels of training.

Instructor: Janet Oppio

Wednesday	Fee: \$94 (13 classes)	Harrison Center
Sept. 11 – Dec. 18	7:00 p.m. - 8:30 p.m.	Class# 12517
No Class Sept. 25 & Nov. 27		

Tai Chi Chaun

A study of the form and theory of Tai Chi Chuan. This class will cover Qi Gong, Meditation, Self-Defense as well as the movements of the Yang 24 style, Tai Chi Chaun. Suitable for all levels of training.

Instructor: Janet Oppio

Monday	Fee: \$94 (13 classes)	Harrison Center
Sept. 9 – Dec. 9	7:00 p.m. - 8:30 p.m.	Class# 12518
No Class Nov. 11		

Yoga - Body & Mind

Combine stretching, stillness, and stamina to give your body a well-rounded yoga workout. Enhance your energy, gain flexibility, increase strength, and reduce your aches and pains. Open to all levels. Wear loose clothing and have an empty stomach.

Instructor: Toya Alexander

Tuesdays	Fee: \$57 (6 classes)	Harrison Center
Sept. 3 – Oct. 8	6:30 p.m. – 7:30 p.m.	Class # 12521
Sept. 3 – Oct. 8	7:40 p.m. – 8:40 p.m.	Class # 12522
Tuesdays	Fee: \$48 (5 classes)	Harrison Center
Oct. 15 – Nov. 12	6:30 p.m. – 7:30 p.m.	Class# 12523
Oct. 15 – Nov. 12	7:40 p.m. – 8:40 p.m.	Class# 12524
Tuesdays	Fee: \$48 (5 classes)	Harrison Center
Nov. 19 – Dec. 17	6:30 p.m. – 7:30 p.m.	Class# 12525
Nov. 19 – Dec. 17	7:40 p.m. – 8:40 p.m.	Class# 12526



Yoga - Gentle Stretch

Experience the benefits of gentle stretches and poses that energize your body. Relaxation and guided meditation centers body and mind. Start your day with a gentle yoga workout. Suitable for all levels. Empty stomach required.

Instructor: Toya Alexander

Mon & Wed	Fee: \$45 / Seniors \$43 (7 classes)	Harrison Center
Sept. 4 - 25	9:00 a.m. – 10:00 a.m.	Class# 12527
Sept. 4 - 25	10:15 a.m. – 11:15 a.m.	Class# 12528
Mon & Wed	Fee: \$51/ Seniors \$49 (8 classes)	Harrison Center
Sept. 30 – Oct. 23	9:00 a.m. – 10:00 a.m.	Class# 12532
Sept. 30 – Oct. 23	10:15 a.m. – 11:15 a.m.	Class # 12529
Oct. 28 – Nov. 25	9:00 a.m. – 10:00 a.m.	Class# 12530
No class Nov. 11		
Oct. 28 – Nov. 25	10:15 a.m. – 11:15 a.m.	Class# 12531
No class Nov. 11		
Mon & Wed	Fee: \$39 / Seniors \$37 (6 classes)	Harrison Center
Dec. 2 - 18	9:00 a.m. – 10:00 a.m.	Class# 12533
Dec. 2 - 18	10:15 a.m. – 11:15 a.m.	Class# 12534

Yoga - Mom and Baby **NEW**

Bring your baby while you regain strength, rebuild your pelvic floor and work your core. Provides an opportunity to bond with your baby and make friends with other mothers.

Instructor: Rebecca Trissell

Friday	Fee: \$63 (5 classes)	Team Silva
Nov. 8 – Dec. 13	9:00 a.m. – 10:15 a.m.	Class# 12520



Yoga - Prenatal **NEW**

This childbirth preparation class, uses a multifaceted approach to exercise that encourages stretching, mental centering and focused breathing. Benefits include improving sleep, reduced stress and endurance of muscles needed for childbirth.

Instructor: Rebecca Trissell

Saturdays	Fee: \$75 (6 classes)	Team Silva
Nov 9 – Dec. 14	9:00 a.m. – 10:15 a.m.	Class# 12519

SPORTS

For all Adult Sports Leagues

Participants must be a minimum of 18 years old and out of high school.

All team applicants are available at the ARPD website or at our office.

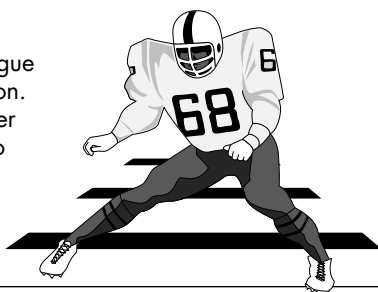
Alameda Point Open Gym

Alameda Recreation and Park Department Adult Open Gym is year-round every Sunday night. If you're competitive, want to get some exercise or just getting back into your sport, check this out. We have volleyball and basketball for all to enjoy.

Sundays	6 p.m. – 9 p.m. (excluding holidays and holiday weekends)
\$6 drop in fee	Alameda Point Gym, 1101 West Redline Ave.

Flag Football

The Adult Flag Football League consists of a ten game season. Team applications and roster forms are available to download from our website and at the ARPD office. All team applications are due by August 23.



Saturdays	10:00 a.m. – 1:00 p.m.
	Lower Washington Field, 740 Central Ave.
Starts Sept. 14 (10 games)	Class # 12622
\$600 Resident Teams	\$650 Non-resident Teams

Volleyball

ARPD partners with VBmatch.com to host volleyball leagues and tournaments for community members. The League offers a high level of competition for players who previously competed at the high school varsity level or higher. We also host single-day volleyball tournaments on weekends. Volleyball activities are fun, social and competitive. We hope to see you on the court soon! For league start dates / fees and information on specific events, please visit <http://vbmatch.com/>

Mondays	6:00 p.m. – 10:00 p.m.
	Alameda Point Gym, 1101 West Redline Ave

**For more informations
and the latest updates see
www.alamedaca.gov/recreation**



Swim Adult Lap

Swim at your own pace at Encinal Swim Center. Workouts for beginner through advanced levels are made available. Kick boards are provided. Discount rate drop in cards are available. Minimum of 16 years old.

Mondays and Wednesdays	7:15 p.m. – 8:45 p.m.
	Encinal Swim Center
Adults 16 – 49	\$5 Resident / \$6 Non-resident
Seniors 50+	\$3 Resident/ \$4 Non-resident

Swim – Aqua Zumba® **NEW**

The Aqua Zumba® program is the «pool party» workout for all ages. These safe, effective and challenging water-based workouts integrate Zumba® into traditional aqua fitness.

Mondays and Wednesdays	7:15 p.m. – 8:45 p.m.
	Encinal Swim Center
Adults 16 – 49	\$5 Resident / \$6 Non-resident
Seniors 50+	\$3 Resident/ \$4 Non-resident



DANCE

Ballet - Mommy & Me

Ages 3-4, with caregiver

You and your little one will gain flexibility while learning the basic positions and steps of ballet alongside one another! This is a great way to get exercise and introduce your child to the world of ballet! No previous experience necessary. ABA does have a dress code, please contact us at admin@alamedaballet.com (Subject line:ARPD) prior to your first class about obtaining dance wear. More info at www.alamedaballet.com.

Saturday	Fee: \$190 (10 classes)	Alameda Ballet
Sept. 21- Nov. 23	9:45 a.m. - 10:30 a.m.	Class # 12690

Ballet - Adult

Have you always wanted to learn Ballet? Did you study as a child? Or do you want to work on flexibility and balance? If you answer yes to any of these this is the class for you. Dancewear/athletic wear acceptable for class; ballet shoes required. If you need assistance with dancewear, please contact Dance/10 at dance@dance10.org.

Instructor: KT, Dance/10

Monday	Fee: \$253 (14 classes)	Dance/10
Sept. 9 - Dec. 16	7:30 p.m. - 8:30 p.m.	Class # 12691
No class Nov. 25		

Broadway Jazz

Teen/Adult

This class combines classical jazz technique with Broadway-style routines and music. Routines change regularly to keep you on your toes and able to learn material and styles quickly. This is an Advanced-Beginner/Intermediate level and some dance background is helpful. Jazz shoes required.

Instructor: Christina Lazo, Dance/10

Tuesday	Fee: \$268 (15 classes)	Dance/10
Sept. 3 - Dec. 17	9:00 p.m. - 10:00 p.m.	Class# 12639
No class Nov. 26		

Jazz Technique

Start practicing your jazz hands and jazz walk! This beginning/low-intermediate-level class explores a range of jazz styles with an emphasis on technique, including isolations, swing and rhythm. Class begins with a warm-up designed to develop strength, flexibility, alignment and coordination, followed by progressions across the floor and culminating in fun dance combinations.

Instructor: Ryan Justus, Dance/10

Wednesday	Fee: \$268 (15 classes)	Dance/10
Sept. 4 - Dec. 18	2:30 p.m. - 3:30 p.m.	Class # 12687
No class Nov. 27		

Jazz Technique - Intermediate

This intermediate-level class explores a range of jazz styles with emphasis on technique, including isolations, swing and rhythm. Class begins with a warm-up designed to develop strength, flexibility, alignment and coordination, followed by progressions across the floor and culminating in fun dance combinations.

Instructor: Bryant Cash-Welch, Dance/10

Saturday	Fee: \$253 (14 classes)	Dance/10
Sept. 7 - Dec. 21	2:00 p.m. - 3:00 p.m.	Class # 12688
No class Nov 30 or Dec. 14		

Hip Hop

Get an urban-style workout with a class that is sure to add a new groove to your walk. Students should be dressed in athletic wear and tennis shoes.

Instructor: Bryant Cash-Welch, Dance/10

Saturday	Fee: \$253 (14 classes)	Dance/10
Sept. 7 - Dec. 21	1:00 p.m. - 2:00 p.m.	Class# 12689
No class Nov 30 or Dec 14		

Power Barre

Fitness class combining Yoga, Pilates and Ballet Barre exercises. Gain strength and flexibility in this fun and challenging group exercise class. Class uses free weights. Encouraged to bring your own yoga mat.

Instructor: KT, Dance/10

Saturday	Fee: \$147 (12 classes)	Dance/10
Sept. 7 - Nov. 23	11:00 a.m. - 12:00 p.m.	Class# 12693

Social Dance

Do you love to dance? Are you looking for a fun way to exercise? If so, learn new moves for the night club or your next wedding reception. Bring a friend.

Instructor: Paula Wujek

Thursdays	Fee: \$103 (6 classes)	Veterans Bldg - Room 250
Sept. 5 - Oct. 10	7:00 p.m. - 8:00 p.m.	Class# 12692

Square Dance - Introduction

Ages 8 to adult

Square Dancing is friendship set to music! It is an aerobic, interactive cooperative dance form. No partner or special costume required. Please wear comfortable shoes. This class will introduce the BASIC program of Square Dance.

Instructor: Charles Clay

Friday	Fee: \$30 (12 classes)	Leydecker Center
Sept. 6 - Nov. 22	7:00 p.m. - 8:30 p.m.	Class# 12651

CENTER & FITNESS - ADULTS 50+ / SENIORS

MASTICK SENIOR CENTER

**1155 Santa Clara Ave, Alameda, CA
(510) 747-7500**

Website: www.mastickcenter.com

E-mail: jkrause@alamedaca.gov

Programs and services for adults age 50 and older

Weekday Program Hours: 8:30 a.m. to 4:00 p.m.
Saturday (Bingo & Thrift Shop): 10:00 a.m. to 2:30 p.m.



1155 Santa Clara Ave, Alameda	(510) 747-7500
Customer Service	(510) 747-7506
Lunch Program	(510) 747-7503
Transportation Services	(510) 747-7513
Travel Program	(510) 747-7511
Website	www.mastickcenter.com
Weekday Program Hours	8:30 a.m. to 4:00 p.m.
Saturday (Bingo & Thrift Shop)	10:00 a.m. to 2:30 p.m.

On-Line Registration Available

Enrolling for Ceramic, Computer, Drawing/Painting, Fitness, Yoga, and other classes just got a lot easier with on-line registration. The fliers for these classes now have course numbers which may assist you with the registration process. To register, visit www.arpdeplay.com and follow the dialogue boxes. Please let us know if you need help navigating the on-line registration process – hopefully, this will simplify the registration process for you.

FITNESS CLASSES

Fitness Classes	
Monday/Friday	9:00 a.m. – 10:30 a.m.
Fee	\$60
Class #12538	Sept. 30, 2013 – January 24, 2014
Wednesday	9:00 a.m. – 10:30 a.m.
Free	Volunteer Instructor
Pilates	
Wednesday	10:45 a.m. – 11:45 a.m.
Fee	\$4 per person per class
Tai Chi-ercise	
Tuesday	10:00 a.m. – 11:00 a.m.
Fee	\$4 per person per class
Tai Chi 24 Steps	
Beginning	
Thursday	9:15 a.m. – 10:15 a.m.
Fee	\$3 per person per class
Intermediate Class	
Thursday	10:30 a.m. to 11:30 a.m.
Fee	\$3 per person per class
Yoga	
Tuesday	10:30 a.m. – Noon Class #12539
Fee \$30	October 8 – November 12 (6-weeks)
Wednesday	9:00 a.m. – 10:30 a.m. Class # 12543
Fee \$30	October 9 – November 13 (6- weeks)

Alexander Technique Balance in Daily Activities

The Alexander Technique is a practical method that teaches you how to balance and move your body more efficiently. Learning the key principles of the Technique will help you to modify and improve daily activity movements so you can move with less tension and less pain.

Join Lenka Fejt, certified Alexander Technique instructor, for this three-part workshop on Tuesdays (October 15, 22, and 29), from 10:00 a.m. to 11:30 a.m. in Room D. The cost is \$30 per person. Pre-registration required.

Refer to the Activities at a Glance flier available at the Center or www.mastickcenter.com for program locations.

SENIORS/ADULTS 50+ - DANCE & ART

DANCING CLASSES

Ballroom Dance	
Wednesday	1:00 p.m. - 2:00 p.m.
Fee	\$4 per person per class
Hawaiian Dance	
Hula I (Coming September 16, 20, 23 & 27)	
Monday	10:30 a.m. to 11:30 a.m.
Fee	\$20 term
Hula II	
Monday/Friday	11:30 a.m. - 12:30 p.m.
Fee	\$5 per person per class
Hula III	
Monday/Friday	12:30 p.m. - 3:00 p.m.
Fee	\$5 per person per class
Line Dance	
Beginning	
Wednesday/Thursday	12:00 Noon - 1:00 p.m.
Fee	\$3 per person per class
Advanced	
Wednesday/Thursday	1:00 p.m. - 2:30 p.m./3:00 p.m.
Fee	\$3 per person per class
Square Dance	
Tuesday	1:00 p.m. - 3:00 p.m.
Fee	\$2 per person per class

ABC'S OF KEAKEALANI HULA with Alberta Jay

Monday & Friday
September 16, 20, 23, & 27, 2013
10:30 a.m. - 11:30 a.m.
\$20 per person

ART AND CRAFTS

Beaded Jewelry Making	
Monday (3rd)	9:30 a.m. - 12:30 p.m.
Fee	\$15 per person per class
Card-making Class (Starting Sept. 9)	
Monday (2nd)	10:00 a.m. - Noon
Fee	\$5 per person per class
Creative Writing (Sept. 10 - October 22)	
Tuesday	10:00 a.m. - 12:30 p.m.
Fee	\$16 per person/per class.
Ceramics	
Beginning (September 26 - December 5)	
Thursday	9:30 a.m. - 12:00 Noon
Fee \$111*	Class # 12423
Advanced (September 26 - December 5)	
Thursday	12:30 p.m. - 3:00 p.m.
Fee \$111*	Class # 12424
Lab (for enrolled students)	
Tuesday	10:00 a.m. to 2:00 p.m.
*\$25 supply fee paid to instructor on first day of class.	
Drawing & Painting (September 16 - November 18)	
Monday	12:30 p.m. - 3:30 p.m.
Fee \$68	Class #: 12422
Lab (for enrolled students)	
Friday	1:00 p.m. - 3:30 p.m.
Knitting & Crocheting	
Tuesday	1:00 p.m. - 3:00 p.m.
Fee	Materials/Supplies
Needlecraft	
Tuesday	9:00 a.m. - Noon
Fee	Materials/Supplies
Quilting	
Friday	1:15 p.m. - 3:45 p.m.
2nd Friday instruction	\$4 per person per class
Lab	9:00 a.m. - 3:00 p.m.
2nd Saturday	Materials/Supplies
Sewing	
Wednesday	10:00 a.m. - 2:00 p.m.
Fee	\$5 per person per class
Stained Glass	
Monday (Beginning)	9:00 a.m. - Noon
Fee	\$4 per person per class*
Wednesday	9:00 a.m. - Noon
Fee	\$4 per person per class*
*Participants must also provide materials/supplies.	
Lab (for enrolled students)	
Wednesday	1:00 p.m. - 3:00 p.m.



SERVICES & FOOD - ADULTS 50+ / SENIORS

SPECIAL SERVICES

Paratransit Transportation Services

Transportation services to the Center and beyond are available to Alameda residents. To learn more call (510) 747-7513.

Support Services for Everyday Living

At the Center, Blood Pressure Screening, Dental and Podiatry Consultation, Legal Services, Health Insurance Counseling, Support Groups, Notary Services, Income Tax Preparation, and much more. Visit the Mastick Office for a complete list of services.

FOOD PROGRAMS

Lunch Served Daily

The dining room opens at 11:15 a.m. Reservations are required.

Monday – Friday, 12:00 Noon	\$3.50 Donation
Eligibility Requirement	60 and older

Brown Bag Program

Thursday (1st & 3rd)	9:00 a.m.
Eligibility Requirements	60 & older/Income limits

Sandwiches Available @ Mastick

Monday – Thursday from 11:00 a.m. to 1:30 p.m.

Mastick Senior Center is participating in a trial program with Feel Good Bakery to provide sandwiches (e.g., Tuna, Ham/Cheese, Turkey, Veggie) Monday through Thursday from 11:00 a.m. to 1:30 p.m. at the Center. Sandwich chits can be purchased in the Mastick Office and redeemed in the kitchen. Half sandwiches will be \$3.50 (veggie \$3) which provides the ability to mix and match as you like! This new service will allow you to grab lunch on the run or snack during your class.

The America's Cup: Racing the Wing - Part II

**Tuesday, September 10
from 1:30 p.m. to 3:00 p.m. in Room D.**

Douglas Borchert, J.D., SBC, underwriting counsel, columnist, continues the story of the America's Cup leading us through the 2013 regatta and the Vuitton Cup trials. Understand current yacht design selection, a protocol producing the fastest sailing vessels. Explore the intense competition between the teams and the awesome amounts of money involved in vying for the coveted Cup. Register in the Mastick Office. This Cal State East Bay Scholar-OLLI program is sponsored by the Mastick Senior Center Advisory Board.

City of Alameda Paratransit Shuttle

*"This shuttle gives me
independence! Thank you!"*
– City of Alameda Shuttle customer



Transportation for Seniors
and People With Disabilities

The Freedom to Ride



Got places to go around town? Gas prices got you down?
Does finding parking make you frown?
Take the FREE City of Alameda Paratransit shuttle.*

To register, contact the Mastick Senior Center Transportation Office.

www.AlamedaParatransit.com

City of Alameda Paratransit services are funded by Measure B.

*Must be an Alameda resident age 55+ or East Bay Paratransit certified.

SENIORS/ADULTS 50+ - TRAVEL & MISC

TRAVEL PROGRAM

Staff is available to assist you with your travel interests on Tuesday from 9:00 a.m. to 3:00 p.m. or by appointment. To make an appointment, please call (510) 747-7511.

Local Travel

2013 Day Trips Include:

October	Apple Hill
November	Mystery Trip

2014 Day Trips Include:

January	Cirque Du Soleil "Amaluna"
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Long Distance Travel

Tuscan & Umbrian Countryside

October/November 2013 (11 days)	\$4,699 double/\$5,199 single
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Highlights: Rome, Orvieto, Spoleto, Cooking Class, Olive Oil Factory, Bevagna, Montefalco, Assisi, Tuscany, Home-hosted Dinner, Winery, Florence, Siena, Monteriggioni, Volterra, and San Gimignano.

Tournament of Roses Parade

Dec. 2013/Jan. 2014 (5 days)	\$1,859 double/\$2,159 single
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Highlights: Float Viewing, Bandfest and New Year's Eve Party (reserved seats at parade). Optional extension to Las Vegas!

The French Riviera

March 2014 (9 days)	\$3,249 double/\$3,749 single
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Highlights: Nice, Flower Market, St. Jean-Cap-Ferrat, Rothschild Villa and Gardens, Antibes, St. Paul De Vence, Monaco, Frejus Roman Arena, Grasse, Parfumerie. Optional extension—Paris Post Tour!

New York City

April 2014 (6 days)	\$2,639 double/\$3,439 single
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Highlights: Two Broadway Shows, Greenwich Village, Wall Street, Ground Zero, Metropolitan Museum of Art, New York Harbor Cruise.



Need a Quiet Space to Meet?

Mastick Senior Center has many nooks and crannies that can be used as meeting spaces. If you need to meet with a contractor or interview a caregiver and don't want to meet at your home, please take advantage of the comfortable, friendly atmosphere provided here at Mastick Senior Center. To reserve a meeting space, please call 747-7506.

ADVISORY BOARD PROGRAMS

Mastick Bingo Program

Individuals 18 years of age and older are encouraged to join us every Saturday from Noon to 2:30 p.m. for fundraising BINGO. This festive game is held in the Mastick Social Hall and ensures an afternoon of fun, socialization, and a chance to win cash and prizes. Doors open at 10:00 a.m. All proceeds support Mastick Senior Center programs.

Mastick Thrift Shop

BARGAINS galore are available at the Mastick Thrift Shop on Tuesday and Saturday from 10:00 a.m. to 2:00 p.m. The Thrift Shop is open to the public and has been a shopping destination since 1984! The Thrift Shop accepts donations that are clean and in good condition. All proceeds support Mastick Senior Center programs.

MSCAB Scholarship Program

The Mastick Senior Center Advisory Board (MSCAB) provides assistance three times per year to members to help offset the cost of Mastick programs and trips. The scholarship program funds 50% of the program cost not to exceed \$50. For more information or an application, visit the Mastick Office or call (510) 747-7506.

TRAVEL PRESENTATION

On Tuesday, October 15, at 1:00 p.m. in the Mastick Media Room, Collette Tours will be presenting 2013-2014 travel opportunities: Tuscany, Tournament of Roses Parade, French Riviera, New York City, and Islands of New England.

History of the Sierra Nevada

Tuesday, November 5, 12, 19, and 26,
from 9:30 a.m. to 11:30 a.m. in Room D

Roger Baer, volunteer instructor, taught at Sierra College in Grass Valley and will lead this discussion on the History of the Sierra Nevada. Preregistration is a MUST. Class is FREE!

LANGUAGE - ADULTS 50+ / SENIORS



Alzheimer's Caregiver Support Group

The Alzheimer's Caregiver Support Group meets from 10:00 a.m. to 11:30 a.m. in Room D on the **second** Thursday of the month. This group is for individuals caring for a loved-one with Alzheimer's Disease or dementia. Shelley Cooper, group facilitator, is provided by the Alzheimer's Association.

Halloween Costume Ball

Thursday, October 31, 2013

1:00 p.m. to 3:30 p.m.

Mastick Social Hall • Cost: \$2 per person

Volunteers are free with volunteer badge!

Enjoy music, dancing, a costume contest, and refreshments! Mark your calendar to join us for a spooktacular afternoon!

Computer Basic Skills

Tuesday from 10:00 a.m. to 11:30 a.m. in Room C

Nancy D'Amico, volunteer instructor, offers the *Computer Basic Skills* class on Tuesday from 10:00 a.m. to 11:30 a.m. in Room C. In a fun and supportive environment, students will learn the basic and necessary skills to successfully use a PC. The new session begins on **Tuesday, September 17**, and runs through November 5. Preregistration is required. To register, call the Mastick Office at (510) 747-7506.

LANGUAGE INSTRUCTION

English as a Second Language (ESL)

Tuesdays	September 17 – November 5
8-weeks	\$20 per person per class
Beginning	10:00 a.m. – 11:00 a.m. Class # 12444
Advanced	11:00 a.m. – 12:00 Noon Class # 12445

Register on-line at arpdeplay.com or in the Mastick Office.

French Conversation – FREE

Friday	Volunteer Instructors
Literary Discussion	9:00 a.m. – 10:00 a.m.
Elementary French	10:00 a.m. – 11:00 a.m.

German Conversation – FREE

Friday	10:00 a.m. – 11:30 a.m.
Free	Volunteer Facilitator

Italian Conversation – FREE

Friday	Staff
Beginning	10:00 a.m. – 11:00 a.m.

Intermediate 11:00 a.m. – Noon

Spanish Sept. 9 – Nov. 18 (no class 11/11)

Spanish I 9:00 am – 10:00 am Class # 12470

Spanish II 10:15 am – 11:15 am Class #12471

Spanish III 11:15 am – 12:30 pm Class #12472

Fee \$20 per person per class



SENIORS/ADULTS 50+ - HOT TOPICS

MASTICK'S HOT TOPICS!

Hot Topics feature relevant topics of interest. Upcoming presentations or events are outlined below and in each edition of our monthly newsletter, Mastick Bee.

Preregistration is required and can be accomplished by visiting the Mastick Office or calling (510) 747-7506.

Lunch Box Cuisine for Adults & Children

Chef Jacki Rosen comes to the rescue and just in time to spice up the contents of your lunch box! Be sure to register to join the fun on **Saturday, September 14**, at 10:00 a.m. in the Mastick kitchen. The cost is \$15 per person with checks payable to ARPD. The menu will be posted in mid-August.

FREE - Annual Open House and Resource Fair

Save the date... and join us on **Sunday, September 15**, from 1:00 p.m. to 4:00 p.m. for our Annual Open House and Resource Fair. Refer to the August and September newsletter for program information.

6th Annual Ice Cream Social

On **Wednesday, September 18**, at 12:30 p.m. in the courtyard, welcome the cool breeze of autumn by indulging in ICE CREAM! Kate Pryor from Tucker's Ice Cream will visit the Center with her ice cream cart. The cost is \$2 per person paid in advance in the Mastick Office and entitles you to one ice cream sundae. Sponsored by the MSCAB.

FREE - Urquhart Memorial Concert Band

The Urquhart Memorial Concert Band, conducted by Joel Toste, returns to perform in the Mastick Social Hall on **Wednesday, September 25**, at 1:00 p.m. The concert features big band sounds, popular tunes in medley, marches, and a Dixieland Jazz Combo. Sponsored by the MSCAB. All are welcome.



Aging Support Group

Discuss the experience of aging with Natalie Gelman, Ph.D., weekly on **Wednesdays at 11:00 a.m. in Room E**. Topics may include: physical changes, connections to friends, loss, family dynamics, emotional concerns, or something else you would like to share or explore. Register in the Mastick Office or call (510) 747-7506. Cost: \$5 per person per meeting.

Circus Moves for the Young at Heart

Have you ever wanted to join the circus? If so, this is your opportunity to have fun practicing circus acts while enjoying brain and body fitness! This unique form of physical and mental exercise combines developmental principles with the playful skill of circus arts. Body and mind fitness and flexibility are encouraged using progressive learning practices. Everyone (age 50+) is welcome and is guaranteed to have fun! Join Cynthia Rauschert, Head Coach and Director of Circus Moves, on **Thursday, September 26**, from 10:00 a.m. to 11:30 a.m. in the Mastick Social Hall.

Natural Selection Isn't What it Used To Be

William Garrett, professor emeritus of philosophy & religion, JFKU, will present Natural Selection Isn't What It Used To Be on **Tuesday, October 8**, from 1:30 p.m. to 3:00 p.m. in Room D. Darwin's central insight was not the theory of evolution itself, but the dynamics of how evolution occurred – natural selection. Since the publication of Origin of Species in 1859, the idea of natural selection has been fraught with sinister overtones and phrases such as "the survival of the fittest". Today, there are new ideas about just who is "the fittest", and Professor Garrett will provide new insights into natural selection. Register in the Mastick Office. This Cal State East Bay Scholar-OLLI program is sponsored by the Mastick Senior Center Advisory Board.

FREE - Drumming Circle

Want to improve circulation in your hands and body, loosen stiff joints in the shoulders, arms and wrists, and stimulate the mind? If so, join the Mercy Retirement Community Drumming Circle on **Thursday, November 14**, at 2:30 p.m. in Room A for a musical experience.

FREE - Mastick's Annual Holiday Sing-Along

Enjoy live music, holiday songs, and refreshments on **Thursday, December 12**, at 10:00 a.m. in Mastick's Media Room.



OVERVIEW - ADULTS 50+ / SENIORS

Mastick Senior Center Programs and Services Schedule

Description	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Price
AARP Chapter Meeting (3rd Thursday)				11:30 a.m.			Dues: \$5 per year
AARP Driver Safety Program			9:00 a.m.				\$12 members/ \$14 non-members
Billards	9:00 a.m.	9:00 a.m.	9:00 a.m.	9:00 a.m.	9:00 a.m.		Free
Bingo (Fundraising Program)						10:00 a.m.	Varies
Birthday Celebration (4th Thursday)				12:30 p.m.			Free
Blood Pressure Screening (3rd Tuesday)		1:45 p.m.					Free
Blood Pressure Screening (2nd & 4th Wed)			10:00 a.m.				Free
Book Club		1:00 p.m.					Free
Bridge (Social)			1:00 p.m.				Free
Cards and Games	9:00 a.m.	9:00 a.m.	9:00 a.m.	9:00 a.m.	9:00 a.m.		Free
Computer Classes	Schedule and fees vary. Refer to the Mastick Office.						
Computer Lab	9:00 a.m.		9:00 a.m.	9:00 a.m.	9:00 a.m.		Free/ Printing Fees
Consumer Presentations		1:00 p.m.					Free
Current Events				9:30 a.m.			Free
Dental Consultation (3rd Thursday)				10:00 a.m.			Free
East Bay Retired Teachers Assoc. (EBRTA) Monthly Meeting (1st Thursday)				10:00 a.m.			Free
HICAP		9:30 a.m.					Free
Legal Assistance for Seniors (2nd Monday)	1:00 p.m.						By Appointment. No fee.
Library	10:00 a.m.		10:00 a.m.		10:00 a.m.		Free
Mah Jongg (Beginners)	1:00 p.m.						Free
Mah Jongg					1:00 p.m.		Free
Mastick Senior Center Advisory Board Monthly Meeting (3rd Wednesday)			10:00 a.m.				Free
Mastick Walking Group	9:30 a.m.						Varies
Movie Matinee				1:00 p.m.			Free
Music Appreciation (4th Thursday)				1:30 p.m.			Free
New Member Orientation (2nd Thursday)				10:30 a.m.			Free
Notary Service			1:30 p.m.				Donation Accepted
Podiatry Consultation (3rd Tuesday)		1:45 p.m.					Free
Portraits by Woodard (3rd Monday)	1:00 p.m.						Free
Scrabble				1:30 p.m.			Free
Shuffleboard	Daily	Daily	Daily	Daily	Daily		Free
Singing with Keiko					12:30 p.m.		Free
Today's World		9:30 a.m.					Free
Thrift Shop		10:00 a.m.				10:00 a.m.	Varies
Transportation Ticket Sales		9:00 a.m.		9:00 a.m.			Varies
Program dates, times, locations and fees are subject to change.							
Please refer to the Activities at a Glance flier available at the Center for program locations.							

SPECIAL NEEDS

LEISURE CLUB

The Leisure Club is a fun, activity based program specifically designed to meet the specialized recreational needs of persons with developmental disabilities in our community.

Activities include talent shows, arts & crafts, local trips, parties and dinners, shopping and much more.

The Leisure Club is geared toward individuals that are 18 years of age and meets twice a month on the second and fourth Thursday from 7:00 p.m. – 9:00 p.m. It is free of charge other than direct activity fees (such as dinner or admission).

**For more information, please call
(510) 747-7543 or TDD 522-7538.**

**This popular program
currently has a wait list.**



CITY OF ALAMEDA COMMISSION ON DISABILITY ISSUES

**Openings available for people interested in
issues pertaining to people with disabilities.**

510-747-4800 or clerk@alamedaca.gov

HOW TO REGISTER FOR ARPD PROGRAMS

**The registration form is available at:
www.alamedaca.gov/recreation**

or ARPD@alamedaca.gov

**or ARPD office,
2226 Santa Clara Ave., Alameda**

- Preregistration is required for all classes and activities (unless drop-in is indicated).
- There is a \$25 fee for returned checks.
- Activity withdrawals can be made with a \$15 fee
- Incomplete registration forms and/or incorrect payments will be returned. Full payment is due at the time of registration.
- Classes not meeting the minimum required enrollment 72 hours prior to the first day of instruction will be canceled and the enrollment fee will be refunded.

**ARPD Office Hours:
Monday thru Thursday 8:00 a.m. to 6:00 p.m.**

1. ONLINE

- Go to the ARPD registration website: www.arpdeploy.com

2. BY MAIL

- Fill out the registration form and enclose a check payable to ARPD or complete the credit card portion of the payment form.
- Mail the completed form to: ARPD, 2226 Santa Clara Ave., Alameda, CA 94501

3. BY EMAIL

- Fill out the registration form and the credit card portion of the payment form.
- Email to: ARPD@alamedaca.gov

4. BY FAX

- Fill out the registration form and complete the credit card portion of the payment form.
- Fax the completed form to: (510) 523-4071

5. IN PERSON

- Registration may be completed in person at the ARPD office
- Hours of Operation: Monday – Thursday, 8am– 6pm.

ARPD REGISTRATION FORM



REGISTRATION FORM

Alameda Recreation and Park Department

2226 Santa Clara Avenue, Alameda, CA 94501

(510) 747-PLAY • FAX (510) 523-4071 • www.alamedaca.gov/recreation

E-Mail: ARPD@alamedaca.gov • Like us on Facebook: playARPD

Classes, Activities, Sports Leagues	Senior Center Activities/Classes
Online: www.arpdeplay.com	Email: ARPD@alamedaca.gov
In Person or Mail: ARPD Office 2226 Santa Clara Ave Alameda, CA 94501 Phone: (510) 747-PLAY	In Person or Mail: Mastick Senior Center 1155 Santa Clara Ave Alameda, CA 94501 Phone: (510) 747-7500

- Full payment is due at the time of registration. Checks payable to ARPD. Discover, MasterCard, Visa Credit Cards accepted.
- All registrations receive confirmation.
- Activity withdrawals can be made by phone or in person with a \$15 processing fee. The remainder of class fee will be placed on your account.

Parent/Guardian/Main Contact Information

Last Name _____ First Name _____
Address _____ City _____ Zip _____
Phone _____
Home _____ Work _____ Cell _____
Email Address _____
Emergency Contact Name _____ Relationship _____ Phone (____) _____
Secondary Contact Name _____ Relationship _____ Phone (____) _____
Medical Information/Allergies _____

Participant's Name	Birthdate	M/F	Grade (if any)	Activity Title	Class #	2nd Choice	Fee
TOTAL FEES DUE:							

LIABILITY WAIVER

1. Undersigned hereby releases, waives and discharges the City of Alameda, its directors, employees, agents and independent contractors from all liability to the undersigned and/or his/her personal representatives, assignees, heirs, and next of kin for any loss or damage and any claim or demands accruing or resulting from injury to the person or property or death of the undersigned, whether or not caused by the negligence and/or property of the City of Alameda, its directors, officers, employees, agents, and independent contractors.
2. Undersigned hereby assumes full responsibility for and risk of bodily injury, death or property damage, whether or not it is due to the negligence of the City of Alameda, its directors, employees, agents and independent contractors or otherwise while in, upon or about the premises of the City of Alameda and/or while using the premises or facilities or equipment or program transportation thereon.

PHOTO CONSENT: Undersigned authorizes the City of Alameda to use your (or child's/ward's) photograph in any future educational and/or community informational purposes, (including, but not limited to the website, Activity Guide or social media) produced by the City of Alameda.

☐ Check here if you do not give photographic consent.

CONSENT TO TREAT: I hereby give my consent for the City of Alameda staff to take me (or my child/ward) to the appropriate medical services and give appropriate medical authorization in the event that I cannot be immediately contacted. It is understood that the cost thereof will be at my expense.

☐ Check here if I do not consent to treat and I request that medical or surgical services be withheld.

Undersigned has read and voluntarily signs the release and waiver of liability and indemnity agreement, and further agrees that no oral representation, statements or inducement apart from the foregoing written agreement has been made.

Signature _____ Date _____ ☐ Participant ☐ Parent/Guardian

☐ Check (payable to ARPD) ☐ Discover/VISA/MasterCard (Circle One) Credit Card # _____ Exp. Date _____

Name on Card _____ Signature _____

Address on Card _____

By signing, I authorize the City of Alameda to charge my credit card for the activity costs listed above.



Alameda Recreation and Park Department
2226 Santa Clara Avenue
Alameda, CA 94501

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RESIDENTIAL CUSTOMER

EVERYTHING ALAMEDA!

Celebrating Our Island City

Saturday, September 28th
10am—2pm
Lower Washington Park

Shoots & Ladders @ 2pm
Police vs. Fire Softball Game
Benefits Alameda Family Services

Family Activities
Jumpers & Games

Local Food
Alameda Restaurants

Live Music
Local bands & youth performances

Local Artists & Community Organizations

Beer & Wine Garden

Homebrew Competition
Advance registration required

60th Day Camp Alumni Reunion

Shoots & Ladders Softball Game @ 2pm
Upper Washington
Benefits Alameda Family Services

Water Demos
Outrigger Canoe rides & fishing @ Crown Beach

Alameda Recreation & Park Dept.
(510) 747-PLAY • ARPD@alamedaca.gov
www.alamedaca.gov